

Lakeland Trails 2024 Series Championships - 14-18k Trail Run - Overall



Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1	Terry Moss	m	MV 50		791	953	893	863	909	855	922	7172
2	James Grinbergs	m	MV 40	Eden Runners	968	988	984	950	968	975	990	6823
3	Simon Dodd	m	MV 40		954	984	976	880	970	957	981	6702
4	Ewan Taylor	m		Victoria Park Running Club, Warrington	854	969	947	917	946	929	970	6532
5	Andrew Hemsley	m	MV 60	Walney Wind Cheetahs	674	879	795	741	826	715	846	6452
6	Kerry Grinbergs	f	FV 40	Eden runners	841	930	929	915	929	869	912	6325
7	Gillian Rowland	f	FV 60		772	927	921	862	892	892	928	6194
8	John Waring	m			788	891	868	800	854	868	931	6000
9	anton moss	m			798	867	820	825	862	858	918	5948
10	Felicia Singleton	f	FV 60	Victoria Park Running Club, Warrington	645	862	806	789	870	824	904	5700
11	Mary Entwistle	f	FV 50		624	846	741	717	776	706	856	5266
12	Mark Austin	m	MV 50		685	0	818	820	897	833	932	4985
13	Leanne Jackson	f	FV 40		734	0	870	732	861	827	886	4910
14	Lindsay Turner	f	FV 40	Ramsbottom Running Club	548	786	692	617	730	572	809	4754
15	Stuart Taylor	m	MV 50		891	974	961	928	958	0	0	4712
16	Stephen Race	m	MV 50		706	0	793	727	805	713	865	4609
17	Sandy Race	f	FV 40		705	0	792	726	806	712	866	4607
18	Ian Stainthorpe	m	MV 60	Rochdale Harriers	859	945	0	933	933	904	0	4574
19	Darren Gillman	m	MV 50	Todmorden Harriers	590	0	750	768	825	744	855	4532
20	Brett Johnson	m	MV 40		861	932	0	849	0	899	942	4483
21	Kay McGreevy	f	FV 60	In2 The Wild	824	0	0	869	920	893	946	4452
22	Tom Smith	m			828	0	881	856	908	900	0	4373
23	Stephanie Bairet	f	FV 40		616	0	729	695	783	695	842	4360
24	Helen Tyson	f	FV 40	Eden Runners	764	918	886	0	0	819	910	4297
25	Louise Anderson	f	FV 50		783	913	809	0	860	805	0	4170
26	Sarah Temple	f	FV 40		656	0	790	774	835	0	862	3917
27	Ian Johnson	m	MV 50		972	0	0	977	981	977	0	3907
28	Katie Samuelson	f	FV 40	Todmorden Harriers	620	0	751	0	847	776	848	3842
29	Stephen Sewell	m	MV 40		920	978	0	958	974	0	0	3830
30	Peter Fishpool	m	MV 50	Yorkshire Wolds Runners	940	0	0	957	967	963	0	3827
31	Neil Ward	m	MV 50	Ponteland Runners	890	0	0	0	957	954	967	3768
32	Lesley Strickland	f	FV 50	Hartlepool Burn Road Harriers	619	840	763	0	0	693	839	3754
33	Andrew Stuart	m	MV 50		0	934	880	930	0	926	0	3670

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
34	Andrew Carmichael	m	MV 40		0	946	919	874	843	0	0	3582
35	owen panton	m			0	0	0	806	932	877	950	3565
36	James Lilliot	m			814	0	0	836	916	0	960	3526
37	Jonathan Watt	m	MV 60		793	0	905	888	913	0	0	3499
38	Nick Fletcher	m	MV 50		802	883	0	0	888	890	0	3463
39	Chris Lever	m	MV 50		831	933	0	833	0	860	0	3457
40	John Wiggans	m	MV 50		819	0	0	846	887	895	0	3447
41	Gail Bone	f	FV 40	St Bees Triers	786	0	0	865	878	847	0	3376
42	Terri Moore	f			0	0	0	807	864	796	882	3349
43	Elizabete Carmo-silva	f	FV 40		0	861	811	0	845	812	0	3329
44	Doug Orr	m	MV 40		0	860	810	0	844	811	0	3325
45	Joanne Lewis	f	FV 50		460	761	662	580	0	0	783	3246
46	Scott Rosevere	m			0	0	779	763	856	829	0	3227
47	Alison Nordon	f	FV 50		500	0	695	657	746	613	0	3211
48	Joe Stevens	m	MV 60		716	0	767	839	881	0	0	3203
49	Neil Sutcliffe	m	MV 60		518	760	672	0	693	531	0	3174
50	Gemma Drew	f		Methley striders	766	882	782	675	0	0	0	3105
51	Raymond Mooney	m	MV 60	Stainland Lions	697	0	0	582	0	865	898	3042
52	Gail Bristo	f	FV 50	Red Rose Road Runners	679	0	817	691	818	0	0	3005
53	Jonathan Cox	m		Eden Runners	1000	0	0	999	0	0	1000	2999
54	Gary Anderson	m	MV 50		0	776	717	0	757	747	0	2997
55	James Forrest	m	MV 40		0	0	991	991	0	997	0	2979
56	Ryan Lynch	m			567	852	803	0	737	0	0	2959
57	Nicole Frisby	f		Springfield Striders	0	0	986	0	0	981	991	2958
58	David Barras	m			963	0	975	0	984	0	0	2922
59	Martin Ellison	m			0	0	0	940	982	987	0	2909
60	John Singleton-Hardy	m		Lancaster	0	0	0	0	976	979	948	2903
61	Kevin Scott	m	MV 60		0	979	973	945	0	0	0	2897
62	David Calder	m	MV 60	Westerlands Cross Country Club	955	983	0	0	0	956	0	2894
63	Michelle Crowley	f	FV 40	Ambleside AC	0	0	967	952	0	960	0	2879
64	Ewan Head	m	U21		0	0	0	0	938	959	971	2868
65	Bruce Penhale	m	MV 60		0	0	948	937	0	951	0	2836
66	Ian Crook	m	MV 50	Barrow Striders	906	971	0	0	955	0	0	2832
67	Mike Duff	m	MV 40	Ealing Eagles	0	0	0	901	0	915	953	2769
68	Chris Bone	m	MV 40	St Bees Triers	913	0	0	0	930	924	0	2767
69	Ryan Thorburn	m			847	965	938	0	0	0	0	2750
70	John Ryder	m	MV 50	Eden runners	0	925	0	905	885	0	0	2715
71	Karl Bescoby	m	MV 50	Chorlton Runners	0	0	897	0	0	878	936	2711
72	JONATHAN LILLIOTT	m	MV 60		0	0	0	829	904	0	945	2678
73	Stephen Stuart	m	MV 50		0	0	907	887	0	882	0	2676
74	Tim Harper	m			596	0	0	676	768	604	0	2644

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75	Angela Duff	f	FV 40	Ealing Eagles	0	0	681	591	0	556	792	2620
76	Robert Harper	m	MV 50		813	0	0	0	911	889	0	2613
77	Lynne Midgley-ward	f	FV 50	Ponteland Runners	502	0	0	0	732	573	785	2592
78	Jo Andrews	f	FV 50		0	0	830	0	0	839	911	2580
79	Michael Moss	m	MV 50	Total Transition Triathlon Club	495	0	659	0	0	614	810	2578
80	Colette Clarkson	f	FV 50		516	756	0	0	708	588	0	2568
81	Scott Dixon	m			0	887	761	0	0	0	920	2568
82	Paul Lewis	m	MV 50		0	762	0	827	0	0	972	2561
83	Kevin Clarkson	m	MV 50		515	757	0	0	707	576	0	2555
84	Paul Wilson	m	MV 50	Yorkshire wolds runners	880	973	0	0	0	701	0	2554
85	Wendy Fraser	f	FV 60		0	0	657	588	0	518	774	2537
86	Lynne Carruthers	f	FV 60	Dch	0	896	840	791	0	0	0	2527
87	Gary Wintersgill	m	MV 50		796	0	0	799	0	0	916	2511
88	Michael Devlin	m	MV 40		833	0	0	794	0	883	0	2510
89	Alan Parker	m	MV 50		801	0	0	838	871	0	0	2510
90	Sara Lucas	f	FV 50		458	0	664	584	0	0	794	2500
91	Zoe winter	f	FV 40		812	0	888	788	0	0	0	2488
92	Louise Roberts	f	FV 50	Border Reiver Runners	517	789	0	610	0	562	0	2478
93	Pete Lashley	m	MV 50		746	0	0	815	0	861	0	2422
94	Jacqueline Shore	f	FV 60		479	752	654	0	0	530	0	2415
95	Dorothy Pelly	f	FV 60	Ambleside Ac	0	0	821	0	834	755	0	2410
96	Aude Peltier	f	FV 40		628	0	756	0	0	0	0	2363
97	Susanne PETERS	f	FV 50		0	751	653	0	0	0	0	2358
98	Margaret Mossman	f	FV 50	Eden Runners	0	0	816	0	817	723	0	2356
99	SIMON Hackett	m	MV 60	Lymm Runners	0	842	746	0	760	0	0	2348
100	Fiona Dridge	f	FV 50	Thornton Cleveleys Running Club	0	0	726	0	770	0	851	2347
101	Christine Ramsbottom	f	FV 60	lymm runners	0	843	745	0	758	0	0	2346
102	Victoria Booth	f			659	851	796	0	0	0	0	2306
103	Jen Salt	f	FV 40	Wesham Road Runners	0	0	771	709	816	0	0	2296
104	Owen Davies	m	MV 70		0	0	0	721	804	748	0	2273
105	Anthony Blight	m	MV 50	Blackpool wyre and fylde	735	0	0	703	832	0	0	2270
106	rikki hammond	f	FV 50	Stainland Lions	0	0	0	581	0	809	876	2266
107	Teresa Onions	f	FV 60		0	812	748	0	0	692	0	2252
108	Thomas Walker	m	MV 40	Team Sixteen	0	791	716	0	741	0	0	2248
109	Michael Welsh	m	MV 50		0	0	0	688	796	743	0	2227
110	Debbie Torr	f	FV 40		598	874	0	0	0	724	0	2196
111	Robert Terry	m	MV 50	Belper Harriers	660	834	0	0	0	683	0	2177
112	Matt Jarvis	m	MV 50		579	0	849	739	0	0	0	2167
113	Helen Foster	f	FV 50		521	0	804	0	0	0	827	2152
114	Jill Reed	f	FV 50		593	0	0	736	0	764	0	2093
115	Emma Patterson	f	FV 40		0	783	683	606	0	0	0	2072

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116	Clare Laybourn	f	FV 50		575	0	0	643	0	0	840	2058
117	Ruth Lillioott	f	FV 60		549	0	0	650	0	0	816	2015
118	David Howarth	m	MV 40		995	998	0	0	0	0	0	1993
119	Rorie McIntosh	m	MV 40	Ask Valley Fell Club	0	0	0	993	996	0	0	1989
120	Merlin Duff	m			990	997	0	0	0	0	0	1987
121	Macauley Bond	m			0	0	0	0	995	992	0	1987
122	Jacob Mennell	m				0	0	0	0	989	997	1986
123	Lynn Wilson	f	FV 50	Yorkshire Wolds Runners	576	814	0	0	0	595	0	1985
124	Jill Leader	f	FV 60		0	0	0	645	745	591	0	1981
125	Jennifer Badger	f			0	985	0	0	992	0	0	1977
126	Lou Osborn	f	FV 50	Ambleside AC	983	0	989	0	0	0	0	1972
127	Eugene Grant	m	MV 50	Milltown Milers	982	0	0	990	0	0	0	1972
128	Mike Allison	m	MV 60	Eden Runners	0	986	0	0	0	0	985	1971
129	Pauline Carrera-Silva	f	FV 50		511	0	671	0	0	0	786	1968
130	David Walker	m	MV 50	Sedgefield Harriers	987	0	0	980	0	0	0	1967
131	Andrew Foster	m	MV 50	Liverpool Pembroke & Sefton	980	0	0	0	0	984	0	1964
132	Rach Garner	f	FV 50	Prestwich AC	528	0	693	738	0	0	0	1959
133	Ian Trencher	m	MV 40	Billinge Running Club	561	0	0	0	0	590	805	1956
134	Ben Ashton	m	MV 50	DORunning		0	0	0	0	969	987	1956
135	Will Swan	m	U25		0	0	0	963	0	991	0	1954
136	Jim Andrews	m	MV 50	Ambleside		0	0	0	0	970	984	1954
137	Benjamin Sewell	m	U21		977	0	0	971	0	0	0	1948
138	Katie Georgeson	f	FV 40		0	0	0	0	977	966	0	1943
139	Daniel McGrath	m	MV 40		0	962	0	0	0	0	979	1941
140	Stuart Haigh	m	MV 40	North Shields Polytechnic		0	0	0	0	961	980	1941
141	Timothy Forber	m		Lancaster & Morecambe Athletics Club	969	0	0	0	969	0	0	1938
142	Robert Faulkner	m			973	0	0	0	963	0	0	1936
143	Helen Thompson	f	FV 40	Poynton Runners	961	0	0	975	0	0	0	1936
144	Abbie Walker	f	U21	Sedgefield Harriers	970	0	0	964	0	0	0	1934
145	Michael Ives	m				0	0	0	0	968	965	1933
146	Philip Cuthbert	m	MV 50	Wallasey Ac	951	980	0	0	0	0	0	1931
147	Matthew Almond	m	MV 40	Lancaster Runners	646	0	0	666	0	618	0	1930
148	Sean Roddy	m	MV 40		948	0	0	0	0	0	978	1926
149	Paul MCGreevy	m	MV 50	In2 The Wild		0	0	0	0	949	975	1924
150	Joshua Wilson	m			0	0	0	0	948	974	0	1922
151	Michael Touhey	m	MV 40		0	963	0	0	0	0	954	1917
152	Joel Ingham	m			0	0	0	935	979	0	0	1914
153	Paul Morris	m	MV 70	Keswick AC		0	0	0	0	937	973	1910
154	Scott Mason	m			933	0	0	0	0	976	0	1909
155	Garry Owens	m	MV 60	Nfr	931	976	0	0	0	0	0	1907
156	Dave Wainwright	m	MV 50	Caistor Running Club	926	0	970	0	0	0	0	1896

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157	Ray Monk	m	MV 50			0	0	0	0	944	952	1896
158	Richard Hatton	m	MV 40	N/a	0	943	0	0	952	0	0	1895
159	Christoph Thomas	m			0	0	951	0	943	0	0	1894
160	Jamie Funnell	m			0	0	964	0	0	0	927	1891
161	Chris McKee	m			916	972	0	0	0	0	0	1888
162	Ant Naylor	m	MV 40		899	0	0	0	0	0	988	1887
163	Al Neal	m	MV 40		928	0	0	954	0	0	0	1882
164	Graeme Atkinson	m	MV 50		0	0	0	0	0	0	906	1879
165	Natalie Swarbrick	f	FV 40			0	0	0	0	912	959	1871
166	John Orrell	m	MV 50	Hoghton Flyers		0	0	0	0	914	951	1865
167	Paul Blundell	m	MV 60	Hardley runners		0	0	0	0	916	947	1863
168	Jayne Collins	f	FV 60	Wigan Harriers	918	0	0	938	0	0	0	1856
169	Pedro Rodriguez	m			885	0	0	0	966	0	0	1851
170	Christian Oxley	m	MV 40		0	0	0	0	917	0	934	1851
171	Martin Loveless	m	MV 60	Hardley Runners		0	0	0	0	920	929	1849
172	Chloe Almond	f		Lancaster Runners	566	0	0	665	0	617	0	1848
173	William Whall	m	MV 50	North Norfolk Beach Runners		0	0	0	0	903	943	1846
174	George Scott	m			0	0	918	0	927	0	0	1845
175	Julian Clarke	m	MV 50		902	0	0	924	0	0	0	1826
176	Mart Kissick	m	MV 40		0	854	0	0	0	0	0	1825
177	Nick Bunney	m			0	0	0	0	890	931	0	1821
178	Michael Harding	m			0	0	926	893	0	0	0	1819
179	David Battersby	m	MV 50		522	0	0	0	715	579	0	1816
180	Joanne Grant	f	FV 50	Milltown Milers	900	0	0	912	0	0	0	1812
181	Debbie Howard	f	FV 50	Furness Fell Runners	882	0	0	0	928	0	0	1810
182	Mark Salmon	m		N/a	0	0	925	877	0	0	0	1802
183	Simon Winster	m		Red Rose Road Runners	874	0	0	0	926	0	0	1800
184	Laura Hewitson	f	FV 40	St Bees Triers	0	0	0	0	893	905	0	1798
185	Neil Venables	m	MV 60		0	0	899	895	0	0	0	1794
186	Brendan Ashton	m	MV 50		0	0	0	0	915	875	0	1790
187	Thomas Rosser	m	MV 50		0	911	0	0	874	0	0	1785
188	Sam Benson	m			0	0	0	855	0	0	930	1785
189	Chris Ridgers	m			823	0	960	0	0	0	0	1783
190	John Maddy	m	MV 40		853	0	922	0	0	0	0	1775
191	David Logan	m	MV 40		840	0	0	0	0	932	0	1772
192	Mark Walker	m	MV 50	Rochdale Harriers and AC	893	0	0	866	0	0	0	1759
193	Olivia Wiggans	f		Chorley Athletic and Tri Club	0	0	0	847	912	0	0	1759
194	Stephanie Bond	f			0	0	0	841	0	0	915	1756
195	William Fitch	m			0	0	915	0	0	837	0	1752
196	Callum Norris	m			0	0	0	842	0	906	0	1748
197	Sam Davis	m			0	0	0	0	895	851	0	1746

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198	Phillip Humphries	m			0	0	0	0	873	873	0	1746
199	Simon Lobas	m	MV 40		0	0	788	955	0	0	0	1743
200	Glen Norris	m			0	0	0	850	0	891	0	1741
201	Mia Hayes	f	U25		795	0	945	0	0	0	0	1740
202	Alice Burrill	f		Barlick Fell Runners	0	0	842	0	0	0	893	1735
203	Simon Williams	m	MV 50		0	902	832	0	0	0	0	1734
204	Matthew McEwan	m			869	0	0	864	0	0	0	1733
205	Stuart O'connor	m	MV 50			0	0	0	0	798	935	1733
206	Richard Pennock	m	MV 50		806	0	0	0	0	0	925	1731
207	Suzanne Hughes-Rudd	f	FV 40		0	856	0	0	0	0	874	1730
208	Jo Fee	f	FV 50	CFR	0	855	0	0	0	0	870	1725
209	Melanie Hayes	f	FV 50		794	0	930	0	0	0	0	1724
210	Caron Parkes	f	FV 50		0	770	0	0	0	0	0	1723
211	Simon Yates	m	MV 50		0	904	0	0	0	817	0	1721
212	Vicky Evans	f	FV 50		465	0	0	574	681	0	0	1720
213	Katie Welch	f	FV 60		0	755	0	0	0	0	0	1712
214	Claire Appelquist	f	FV 50		0	0	0	0	749	0	0	1712
215	Ryan McDowell	m			805	0	898	0	0	0	0	1703
216	Chris Davies	m	MV 40	Team inov-8	740	960	0	0	0	0	0	1700
217	Arron Cook	m			829	0	0	870	0	0	0	1699
218	Steven Reynolds	m	MV 40		0	0	838	0	0	859	0	1697
219	Christina Loveridge	f	FV 40	Bbrc	0	848	0	0	0	0	847	1695
220	Rozanne Nolte	f			844	0	0	0	0	848	0	1692
221	John Halliday	m			836	0	0	0	0	856	0	1692
222	Andy Pettit	m	MV 50		0	0	813	876	0	0	0	1689
223	Kelly Barrett	f				0	0	0	0	797	892	1689
224	Alison Eagle	f	FV 60	Upper Wharfedale Runners	822	0	0	0	0	0	852	1674
225	Tom Langridge	m			787	0	0	886	0	0	0	1673
226	Bernice Blundell	f	FV 60	Skelmersdale Boundary Harriers		0	0	0	0	774	899	1673
227	Liz Handford	f	FV 50		800	0	0	0	868	0	0	1668
228	Stuart Bond	m			0	0	0	762	0	0	903	1665
229	Richard Brown	m	MV 40		741	921	0	0	0	0	0	1662
230	Julie Rogerson	f			0	0	0	0	791	0	864	1655
231	Rachel Gray	f			0	0	791	0	0	0	863	1654
232	Joe Richardson	m			0	0	0	808	0	846	0	1654
233	Paul Fenton	m			799	0	853	0	0	0	0	1652
234	Colin Copland	m	MV 60		0	866	0	0	785	0	0	1651
235	Graeme White	m	MV 50		827	0	0	0	821	0	0	1648
236	Nick Pape	m	MV 50	Hermitage Harriers		0	0	0	0	768	877	1645
237	Esther Stanier	f	FV 40	Red Rose Road Runners	0	870	0	0	773	0	0	1643
238	Louise Jeffrey-read	f	FV 40	Lostock ac	0	0	0	803	839	0	0	1642

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239	Chris Green	m	MV 50			0	0	0	0	767	875	1642
240	Peter Cushion	m	MV 50	Wirral Vikings Trc	0	0	851	0	0	789	0	1640
241	Philippe Wery	m	MV 50			0	0	0	0	808	830	1638
242	David Taylor	m	MV 60	Cheshire Hash House Harriers	758	0	878	0	0	0	0	1636
243	Eric Roe	m			770	0	865	0	0	0	0	1635
244	Steve Roe	m	MV 50		769	0	864	0	0	0	0	1633
245	Emma Reynolds	f	FV 40	Riversway Roadrunners	725	0	0	0	0	0	908	1633
246	Lee Ashcroft	m			0	0	850	782	0	0	0	1632
247	Karen Bennett	f	FV 50	Lymm Runners	0	841	0	0	790	0	0	1631
248	Dawn Chilton	f	FV 50		742	884	0	0	0	0	0	1626
249	Louise Lowe	f		Craven Energy		0	0	0	0	736	885	1621
250	Ben Cheetham	m				0	0	0	0	734	887	1621
251	Roger Harrison	m	MV 60	Cheshire Hash House Harriers	0	0	777	0	0	838	0	1615
252	Hannah Daghish	f			0	0	0	812	0	799	0	1611
253	Timothy Knowles	m	MV 60	None	0	0	0	0	811	800	0	1611
254	Darrel White	m			0	0	0	733	877	0	0	1610
255	Anna Williams	f	FV 40	Skelmersdale Boundary Harriers		0	0	0	0	711	894	1605
256	James Campbell	m	MV 40		0	0	0	775	828	0	0	1603
257	Mark Holden	m	MV 40	Billinge Running Club	748	0	0	0	853	0	0	1601
258	Andrew Hamman	m	MV 40		737	864	0	0	0	0	0	1601
259	Darren Hodgson	m	MV 50		708	889	0	0	0	0	0	1597
260	Ruth Jack	f			0	0	867	729	0	0	0	1596
261	Kevin Silver	m	MV 60		0	807	786	0	0	0	0	1593
262	Mick Cook	m			733	0	858	0	0	0	0	1591
263	Ben Marshall	m			732	0	857	0	0	0	0	1589
264	Elaine Malyn	f	FV 50	Eden runners	0	0	0	0	815	771	0	1586
265	Hannah Stirling	f			661	0	0	0	0	0	921	1582
266	Alex Milner	f	FV 40		0	0	0	627	0	0	0	1577
267	Martin Barrett	m	MV 50			0	0	0	0	703	871	1574
268	Claire Pepper	f			0	0	928	0	0	644	0	1572
269	Phil Blaylock	m	MV 40	Lakeland Trails	0	0	0	765	0	807	0	1572
270	Emily Knowles	f			717	0	852	0	0	0	0	1569
271	David Faulkner	m	MV 60	Lymm Runners	0	805	0	0	759	0	0	1564
272	Harry Hardcastle	m	U25		745	0	0	816	0	0	0	1561
273	Liz Molyneux	f	FV 40			0	0	0	729	0	832	1561
274	Eugenia Kervin	f	FV 50			0	0	0	728	0	833	1561
275	Zoe Dale	f	FV 50	Yorkshire Wolds runners	738	0	0	0	0	820	0	1558
276	Ben Patterson	m	MV 40		0	0	0	708	0	850	0	1558
277	Gary Lacey	m	MV 40		0	0	731	0	0	0	826	1557
278	Victoria Slinger	f	FV 40		0	0	730	0	0	0	825	1555
279	Russell Pilling	m	MV 60	North Shields Poly		0	0	0	0	694	858	1552

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
280	simon else	m	MV 50		0	0	0	731	0	813	0	1544
281	Alan Jones	m	MV 60	Garstang Running Club	759	0	0	784	0	0	0	1543
282	John Heathcote	m	MV 60		0	820	722	0	0	0	0	1542
283	Doris Trueman	f	FV 70		0	0	0	728	812	0	0	1540
284	Jack Croskery	m	U21		0	0	0	743	0	795	0	1538
285	Laurel Sleet	f			730	0	0	0	0	806	0	1536
286	Andrew Devitt	m	MV 50	Knowle & Dorrige Running Club	639	897	0	0	0	0	0	1536
287	Joanne Devitt	f	FV 50	Knowle & Dorrige Running Club	638	898	0	0	0	0	0	1536
288	Andrew Hollowbread	m	MV 50		0	817	719	0	0	0	0	1536
289	Sarah Collis Kerr	f			651	876	0	0	0	0	0	1527
290	Brian Weatherington	m	MV 40		0	0	0	760	0	757	0	1517
291	Gemma Chaters	f			652	858	0	0	0	0	0	1510
292	Pete Rands	m	MV 50		715	0	794	0	0	0	0	1509
293	Leonie Bell	f	FV 40		0	0	0	0	782	722	0	1504
294	Neil Hawkes	m	MV 50		0	0	0	0	781	721	0	1502
295	Simon Jones	m	MV 50		0	844	0	0	0	657	0	1501
296	Issy Pettit	f	U25		0	0	812	0	0	689	0	1501
297	Matt Dunn	m	MV 40	100 Marathon Club	672	0	827	0	0	0	0	1499
298	Gary Bigland	m	MV 40		704	0	0	0	794	0	0	1498
299	Simon Byron-keeler	m	MV 50	Monumental Movers	670	0	826	0	0	0	0	1496
300	Peter Reed	m	MV 70	Northumberland Fell Runners	0	798	0	697	0	0	0	1495
301	Sarah Nutt	f	FV 40		0	0	0	693	0	801	0	1494
302	Andrea McEwan	f	FV 50			0	0	0	0	670	820	1490
303	Jolene Sherbrooke	f	FV 40		0	0	785	700	0	0	0	1485
304	Michael Sherbrooke	m	MV 40		0	0	784	699	0	0	0	1483
305	Margaret Lupton	f	FV 50	Red Rose Road Runners		0	0	0	0	642	841	1483
306	Chris Probert	m	MV 60	Penny Lane Striders	0	0	769	0	0	709	0	1478
307	Deborah Raisbeck	f	FV 50		637	837	0	0	0	0	0	1474
308	Miriam Brion	f	FV 40		0	0	807	0	0	666	0	1473
309	Emily Wilson	f	FV 40		0	0	0	754	717	0	0	1471
310	Martin Tilbury	m	MV 50		689	0	0	0	0	773	0	1462
311	Alastair Durno	m	MV 60	Hoad Hill Harriers	617	0	0	0	0	0	845	1462
312	Jonathan Ford	m	MV 40	Penwortham Panthers	0	765	696	0	0	0	0	1461
313	Isabel Thomas	f			0	0	766	694	0	0	0	1460
314	Stephen Dale	m	MV 60	Yorkshire wolds runners	668	0	0	0	0	785	0	1453
315	Michelle Davies	f	FV 40		0	0	673	0	779	0	0	1452
316	Jen Hayton	f	FV 40		0	0	0	633	0	0	818	1451
317	Richard Sabey	m	MV 60			0	0	0	0	635	811	1446
318	Jennifer Pugh	f	FV 40			0	0	0	0	637	808	1445
319	Danielle Radley	f	FV 40		0	0	0	637	0	0	806	1443
320	Nicola Aindow	f	FV 50		604	0	0	0	0	0	831	1435

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
321	Adam Morton	m	MV 50		0	0	753	0	0	682	0	1435
322	Steven Ohara	m	MV 40		0	0	0	719	0	716	0	1435
323	Elise Norbury	f	FV 40			0	0	0	0	626	803	1429
324	Tumkeen Badulla	f				0	0	0	0	625	802	1427
325	Will Lovett	m	MV 40		586	831	0	0	0	0	0	1417
326	Melissa Lovett	f	FV 40		585	832	0	0	0	0	0	1417
327	Catherine Vaneris	f	FV 40		0	0	727	0	688	0	0	1415
328	Sophie Puzey	f			752	0	0	0	0	662	0	1414
329	david martin	m	MV 60		0	782	0	0	0	629	0	1411
330	Kevin Gibbons	m	MV 60		588	818	0	0	0	0	0	1406
331	Paul Kirton	m	MV 50	Tetbury Dolphins Running Club	0	0	0	658	0	745	0	1403
332	Peter Cheung	m	MV 60		664	0	0	730	0	0	0	1394
333	Chris Price	m	MV 60	Kendal AAC	731	0	0	0	0	659	0	1390
334	Jane Grantham	f	FV 40	Sunnywood on Tour	0	0	0	0	0	616	773	1389
335	Daniel Miller	m			653	0	735	0	0	0	0	1388
336	Kirsty Turnbull	f	FV 40		0	0	0	586	0	0	799	1385
337	Chloe Dufton	f			559	0	0	0	0	0	823	1382
338	John Scott	m	MV 50		482	881	0	0	0	0	0	1363
339	Matthew Gribbin	m	MV 50		582	0	0	780	0	0	0	1362
340	Alistair McAndrew	m	MV 50		0	0	738	621	0	0	0	1359
341	Andrew Halcro-johnston	m	MV 40	York Postal Harriers	0	0	749	609	0	0	0	1358
342	Cat Gooch	f	FV 50	Ponteland Runners		0	0	0	0	574	784	1358
343	Becky Blackburn	f	FV 40		0	0	737	620	0	0	0	1357
344	Linda Gant	f	FV 60		583	773	0	0	0	0	0	1356
345	Marie Walker	f	FV 50	Sedgefield Harriers	647	0	0	704	0	0	0	1351
346	Kate Peers	f	FV 40		631	0	0	0	0	720	0	1351
347	Gail Farr	f	FV 50	west hull ladies		0	0	0	0	569	782	1351
348	Hannah Croskery	f			0	0	0	674	0	672	0	1346
349	Emma Cafferty	f	FV 50	Lancaster Runners	0	0	721	623	0	0	0	1344
350	Julie Graham	f	FV 60	Garstang	557	0	0	0	786	0	0	1343
351	Helen Marriner	f	FV 50		595	0	0	0	747	0	0	1342
352	Elizabeth King	f	FV 50	Manchester triathlon club	0	0	666	0	676	0	0	1342
353	Carla Ainscough	f	FV 40		650	0	0	0	691	0	0	1341
354	Daniel Maltman	m	MV 40		643	0	0	0	0	697	0	1340
355	Jenny Coupland	f	FV 40		0	0	0	622	716	0	0	1338
356	Sandra Williams	f	FV 50		541	796	0	0	0	0	0	1337
357	Louise Clayton	f	FV 50		621	0	714	0	0	0	0	1335
358	Richard Carr	m	MV 50		589	0	0	0	740	0	0	1329
359	Oli Tomlinson	f	FV 50		520	0	0	0	0	0	807	1327
360	Jacinta Yates	f	FV 50		0	790	0	0	0	534	0	1324
361	Wayne Lee Farr	m	MV 50			0	0	0	0	545	775	1320

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
362	Mark Sherwood	m	MV 50			0	0	0	721	598	0	1319
363	Mark Lightfoot	m	MV 50			0	0	0	720	597	0	1317
364	Catherine Gosson-Low	f	FV 50		0	0	697	608	0	0	0	1305
365	Lisa Riley	f	FV 40	Sunnywood Ladies on Tour		0	0	0	0	533	770	1303
366	David Goodyear	m	MV 50	Eccleshill Road Runners	503	795	0	0	0	0	0	1298
367	Amy Derbyshire	f			599	0	682	0	0	0	0	1281
368	Gillian Felton	f	FV 50		610	0	0	0	0	667	0	1277
369	Joan Bailey	f	FV 40		584	0	0	0	0	691	0	1275
370	Catherine Cuthbert	f	FV 50	Wallasey Ac	475	799	0	0	0	0	0	1274
371	Annabelle Allen	f	FV 60	BodyFit Cumbria Running Club	496	774	0	0	0	0	0	1270
372	John Irvine	m	MV 40		0	0	686	0	0	581	0	1267
373	Julie Farron	f	FV 50	Atherton Running Club	578	0	0	685	0	0	0	1263
374	Nigel Ash	m	MV 50	Trail Running Assoc	602	0	0	0	0	652	0	1254
375	Anne-Marie Cutmore	f	FV 40		0	0	663	585	0	0	0	1248
376	Kirsty Pettit	f	FV 50		0	0	679	565	0	0	0	1244
377	Melanie Jones	f	FV 50	Prestwich athletics club	0	0	0	0	686	538	0	1224
378	Jo Houghton	f	FV 50	Prestwich AC		0	0	0	689	535	0	1224
379	Kev Kendal	m	MV 50	Howgill Harriers	529	0	694	0	0	0	0	1223
380	Nichola Cooke	f	FV 40	Prestwich Ac		0	0	0	687	536	0	1223
381	Evvie Feingold	f	FV 50	Prestwich AC		0	0	0	685	537	0	1222
382	Gerry Richards	f	FV 50		565	0	0	655	0	0	0	1220
383	Sarah Cullen	f	FV 40		564	0	0	653	0	0	0	1217
384	Gillian Sharpe	f	FV 60			0	0	0	678	520	0	1198
385	Helen Knowles	f	FV 60	None		0	0	0	677	519	0	1196
386	Anthony Welham	m	MV 70		0	0	656	0	0	517	0	1173
387	Luke Watkins	m			533	0	0	0	0	615	0	1148
388	Lauren Dean-Ashton	f	FV 40		0	0	0	570	0	510	0	1080
389	Becky Christmas	f	FV 50	Tri Harman	483	0	0	575	0	0	0	1058
390	Josephine LOUISE Walsh	f	FV 50		459	0	0	579	0	0	0	1038
391	Vit Knezinek	m		INOv8 Czechia	0	1000	0	0	0	0	0	1000
392	Scott Nutter	m	U25	Border Harriers	0	0	1000	0	0	0	0	1000
393	Chris Holdsworth	m		INOv8	0	0	0	1000	0	0	0	1000
394	Scout Adkin	f		Ambleside AC	0	0	0	0	1000	0	0	1000
395	Brogan McCawley	m		Leeds City AC		0	0	0	0	1000	0	1000
396	Zhi Yan Yeo	m	U25	University of Warwick	999	0	0	0	0	0	0	999
397	Stuart Wilson	m			0	999	0	0	0	0	0	999
398	Felix Barker	m		Ambleside AC	0	0	999	0	0	0	0	999
399	Craig Blakey	m		Bowland Fell Runners	0	0	0	0	999	0	0	999
400	Joe Grisdale	m				0	0	0	0	999	0	999
401	Richard Wilson	m	MV 40	Kendal AC		0	0	0	0	0	999	999
402	John French	m	MV 40	Eden Runners	998	0	0	0	0	0	0	998

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
403	Jack Robinson	m		Ambleside AC	0	0	998	0	0	0	0	998
404	Daniel Thacker	m			0	0	0	998	0	0	0	998
405	Daniel Cottle	m	MV 40	Prestwich AC	0	0	0	0	998	0	0	998
406	Paul Reilly	m	MV 40	Coniston Fell Runners		0	0	0	0	998	0	998
407	Conall Stobbs	m	U25	Cheviot Trail Runners		0	0	0	0	0	998	998
408	Gary Gregory	m	MV 40	Helm Hill Runners	0	0	0	997	0	0	0	997
409	Ted Leahy	m	MV 40	Ripon Runners	997	0	0	0	0	0	0	997
410	Alex Haine	m			0	0	997	0	0	0	0	997
411	Martin Klavon	m	MV 40	Northowram Pumas	0	0	0	0	997	0	0	997
412	John Gill	m	MV 40		996	0	0	0	0	0	0	996
413	Victoria A Duncan	f			0	996	0	0	0	0	0	996
414	Liam Wilson	m			0	0	996	0	0	0	0	996
415	Matt Clark	m			0	0	0	996	0	0	0	996
416	Chris Miles	m		Sale Harriers		0	0	0	0	996	0	996
417	Wayne Laird	m	MV 40	GoActiv		0	0	0	0	0	996	996
418	Liam Major	m			0	995	0	0	0	0	0	995
419	Martin Gough	m			0	0	995	0	0	0	0	995
420	Catriona MacDonald	f		Morpeth Harriers	0	0	0	995	0	0	0	995
421	Jacob Goodwin	m		Chapel Allerton Runners		0	0	0	0	995	0	995
422	Nick Watson	m	MV 50			0	0	0	0	0	995	995
423	Dan Toole	m			994	0	0	0	0	0	0	994
424	Jonathan Gilroy	m	MV 40	Jarrow and Hebburn Ac	0	994	0	0	0	0	0	994
425	Jim Harlock	m	MV 60	City Of Hull Ac	0	0	994	0	0	0	0	994
426	Stephen Pearce	m	MV 40	Eden Runners	0	0	0	994	0	0	0	994
427	Michael Smith	m	MV 40		0	0	0	0	994	0	0	994
428	John Cull	m	U21			0	0	0	0	994	0	994
429	Amy Weyers	f		Chorlton Runners		0	0	0	0	0	994	994
430	Dom Brown	m	U25		993	0	0	0	0	0	0	993
431	Barbora Cichá	f		Inov8 CZ	0	993	0	0	0	0	0	993
432	Ben Wales	m	MV 40	City of Hull AC	0	0	993	0	0	0	0	993
433	Martin Oldfield	m	MV 50	Darwen Dashers	0	0	0	0	993	0	0	993
434	Matthew Whipple	m				0	0	0	0	993	0	993
435	Matt Wilson	m	MV 50	Kendal AC		0	0	0	0	0	993	993
436	John Butters	m	MV 40		992	0	0	0	0	0	0	992
437	Paul Duke	m	MV 40	Burnden Road Runners	0	992	0	0	0	0	0	992
438	Matthew Rooke	m		Black Combe Runners	0	0	992	0	0	0	0	992
439	Josh Evans	m		Bellahouston Road Runners	0	0	0	992	0	0	0	992
440	Robert Smith	m	MV 40	Cleethorpes AC		0	0	0	0	0	992	992
441	Andrew Miles	m			991	0	0	0	0	0	0	991
442	Emma Neil	f			0	991	0	0	0	0	0	991
443	David Hatch	m			0	0	0	0	991	0	0	991

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
444	Gareth Doherty	m	MV 40	Burnden Road Runners	0	990	0	0	0	0	0	990
445	Lawrence Basham	m	MV 50		0	0	990	0	0	0	0	990
446	Mark McAfee	m	MV 40		0	0	0	0	990	0	0	990
447	Paul Heron	m	MV 40			0	0	0	0	990	0	990
448	Aisling Wall	f		Horsforth Harriers	989	0	0	0	0	0	0	989
449	james Galloway-Booth	m	U21		0	989	0	0	0	0	0	989
450	Jamie Arkle	m			0	0	0	989	0	0	0	989
451	Jason Redman	m		Sunderland Harriers	0	0	0	0	989	0	0	989
452	James Cornforth	m				0	0	0	0	0	989	989
453	Ian Hunter	m	MV 40	Beeston AC	988	0	0	0	0	0	0	988
454	Tim Savage	m	MV 50	City of Hull AC	0	0	988	0	0	0	0	988
455	Tom Ward	m	U25	Ambleside AC	0	0	0	988	0	0	0	988
456	Grace Culling	f	U21	helm hill	0	0	0	0	988	0	0	988
457	Barrie Quigley	m				0	0	0	0	988	0	988
458	Kyle Biggs	m			0	987	0	0	0	0	0	987
459	Stephen Glenville	m	MV 40	City of Hull AC	0	0	987	0	0	0	0	987
460	Oliver Lee	m		Sale Harriers Manchester	0	0	0	987	0	0	0	987
461	Alastair Vale	m	MV 40		0	0	0	0	987	0	0	987
462	Mark Sandamas	m	MV 50	Garlick Fell Runners	986	0	0	0	0	0	0	986
463	Jamie Marsland	m			0	0	0	986	0	0	0	986
464	Graham Padget	m	MV 40		0	0	0	0	986	0	0	986
465	Peter Dinsmore	m				0	0	0	0	986	0	986
466	Katy Ward	f	FV 40	Eden Runners		0	0	0	0	0	986	986
467	Michael Mason	m	MV 40	Ormskirk Mountain Goats	985	0	0	0	0	0	0	985
468	Rebecca Rooke	f		Glaxo Hoad Hill Harriers	0	0	985	0	0	0	0	985
469	Andrew Pipes	m	MV 40	Derwent AC	0	0	0	985	0	0	0	985
470	Stephen Dunn	m	MV 40	Blackpool Wyre and Fylde AC	0	0	0	0	985	0	0	985
471	Lorenzo Brunero	m				0	0	0	0	985	0	985
472	Daniel Hunter	m	MV 40		984	0	0	0	0	0	0	984
473	Mark Quinn	m	MV 50		0	0	0	984	0	0	0	984
474	Eric Fowler	m	MV 50	Badgers	0	0	983	0	0	0	0	983
475	Mingma tshering Sherpa	m	MV 40	Inov8	0	0	0	983	0	0	0	983
476	Pauline Munro	f	FV 50	None	0	0	0	0	983	0	0	983
477	Jordan Lee	m				0	0	0	0	983	0	983
478	Simon Humphries	m	MV 50			0	0	0	0	0	983	983
479	Suleman Badat	m	MV 40		0	982	0	0	0	0	0	982
480	Joe Simons	m	MV 40		0	0	982	0	0	0	0	982
481	Elaine Omand	f			0	0	0	982	0	0	0	982
482	Andrew Rutter	m	U25			0	0	0	0	982	0	982
483	Ruth Everson	f	FV 40			0	0	0	0	0	982	982
484	Robert Cassidy	m	MV 40		981	0	0	0	0	0	0	981

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
485	Seamus Brennan	m			0	981	0	0	0	0	0	981
486	James Clark	m	U21		0	0	981	0	0	0	0	981
487	David Watts	m			0	0	0	981	0	0	0	981
488	Eleanor Fowler	f	FV 40	Badgers	0	0	980	0	0	0	0	980
489	Clive Bandy	m	MV 40	Valley striders	0	0	0	0	980	0	0	980
490	James A Jackson	m				0	0	0	0	980	0	980
491	Chris Bowers	m	MV 40		979	0	0	0	0	0	0	979
492	Ben Hall	m	MV 40	Elswick Harriers	0	0	979	0	0	0	0	979
493	Adam Green	m			0	0	0	979	0	0	0	979
494	Daniel Tonge	m			978	0	0	0	0	0	0	978
495	Katherine Horner	f	FV 40	Common Runners	462	0	0	0	0	516	0	978
496	Mike Mckee	m	MV 40		0	0	978	0	0	0	0	978
497	Nick Hayward	m	MV 50		0	0	0	978	0	0	0	978
498	Anthony Lamb	m	MV 50		0	0	0	0	978	0	0	978
499	Helen Sharman	f		Keswick AC		0	0	0	0	978	0	978
500	Dominic Cooper	m	MV 40	Mossley Hill A.C.	0	977	0	0	0	0	0	977
501	Chris Mcdonald	m	MV 60		0	0	977	0	0	0	0	977
502	David Lea	m	MV 50	Eden Runners		0	0	0	0	0	977	977
503	Joshua Elliott	m	U25	Meltham ac	976	0	0	0	0	0	0	976
504	Alec Graham	m			0	0	0	976	0	0	0	976
505	Matt Walker	m		Tyne Bridge Harriers		0	0	0	0	0	976	976
506	Joe Gelder	m	U21		975	0	0	0	0	0	0	975
507	Michael Kermode	m		Burnden Road Runners	0	975	0	0	0	0	0	975
508	Neil Griffiths	m	MV 40		0	0	0	0	975	0	0	975
509	Scott Burns	m	U25		0	0	0	974	0	0	0	974
510	Fergal Leonard	m	MV 40		974	0	0	0	0	0	0	974
511	Andrew Page	m	MV 40	Vikings	0	0	974	0	0	0	0	974
512	Henry Pickup	m		Rochdale harriers		0	0	0	0	0	974	974
513	Richard Bate	m	MV 40	Mercia Fell Runners	0	0	0	973	0	0	0	973
514	Stuart Halsey	m	MV 60	South Derbyshire Road Runners	0	0	0	0	973	0	0	973
515	Martin Bewick	m	MV 40			0	0	0	0	973	0	973
516	Joe Elder	m		St Bees Triers	0	0	972	0	0	0	0	972
517	Paul Sanderson	m	MV 50	Tri Preston	0	0	0	972	0	0	0	972
518	Joe Unsworth	m			0	0	0	0	972	0	0	972
519	David Bartlett	m				0	0	0	0	972	0	972
520	Benjamin Potter	m			971	0	0	0	0	0	0	971
521	Eddie Campbell	m		Didsbury Runners	0	0	971	0	0	0	0	971
522	Elliot Owens	m		Flookburgh Boxing gym	0	0	0	0	971	0	0	971
523	Nick Saxton	m				0	0	0	0	971	0	971
524	Kirsten Johnson	f	FV 40	Hash House Harriers	455	0	0	0	0	515	0	970
525	Joe Sweetman	m	U25		0	970	0	0	0	0	0	970

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
567	Andy Baguley	m	MV 40	Chorlton Runners	0	0	0	960	0	0	0	960
568	Andrew Webster	m	MV 50	Otley AC	0	0	0	0	960	0	0	960
569	Luke Hough	m			959	0	0	0	0	0	0	959
570	Davide Cuoghi	m			0	959	0	0	0	0	0	959
571	Michael Norbury	m		Didsbury Runners	0	0	959	0	0	0	0	959
572	Harry Vaneris	m	MV 40		0	0	0	959	0	0	0	959
573	Amelia Websdale	f	U25		0	0	0	0	959	0	0	959
574	Matthew Snarr	m	MV 40	N/a	958	0	0	0	0	0	0	958
575	Emily Thwaites	f	FV 40	Allithwaite Running Club	0	958	0	0	0	0	0	958
576	Jack Colling	m	U21		0	0	958	0	0	0	0	958
577	Mark Cameron	m	MV 50			0	0	0	0	958	0	958
578	Tim Emery	m				0	0	0	0	0	958	958
579	Kipp Jones	m			957	0	0	0	0	0	0	957
580	Raymond Quinn	m	MV 50		0	957	0	0	0	0	0	957
581	Alex Osborn	m		Embsay running club	0	0	957	0	0	0	0	957
582	Gemma Smith	f				0	0	0	0	0	957	957
583	Andy Johnson	m			956	0	0	0	0	0	0	956
584	Michael hutchyd8@hotmail.co	m		N/A	0	956	0	0	0	0	0	956
585	Ben Compton	m	U25	Chorlton Runners	0	0	956	0	0	0	0	956
586	Richard Gover	m	MV 40	York Acorn Running Club	0	0	0	956	0	0	0	956
587	Stuart Hall	m	MV 40	Blackpool, Wyre and Fylde Athletics Club	0	0	0	0	956	0	0	956
588	stephen ormson	m	MV 50	Tricentral		0	0	0	0	0	956	956
589	Neil Whitaker	m			0	955	0	0	0	0	0	955
590	Ben Taylor	m	U21		0	0	955	0	0	0	0	955
591	Eilidh Brown	f	U25			0	0	0	0	955	0	955
592	Derek Irwin	m	MV 60	AVOHK		0	0	0	0	0	955	955
593	John Dickinson	m	MV 50	Liverpool Pembroke Sefton	0	954	0	0	0	0	0	954
594	Stuart Parker	m			0	0	954	0	0	0	0	954
595	Chris Thorpe	m	MV 50		0	0	0	0	954	0	0	954
596	Paul Moor	m			953	0	0	0	0	0	0	953
597	Alex Butcher	m			0	0	953	0	0	0	0	953
598	James Carter	m	U25		0	0	0	953	0	0	0	953
599	Chris Derbyshire	m	MV 40	Thursday Cunt Club	0	0	0	0	953	0	0	953
600	Steven Rutter	m				0	0	0	0	953	0	953
601	Mark Ashburn	m			952	0	0	0	0	0	0	952
602	Hanif Meeran	m	MV 50		0	952	0	0	0	0	0	952
603	Rupert Wilks	m	MV 50	City Of Hull Ac	0	0	952	0	0	0	0	952
604	Heidi Rogers	f				0	0	0	0	952	0	952
605	Frank Saunders	m	U21	Team Otter	0	951	0	0	0	0	0	951
606	Paul Jones	m	MV 60	Shropshire Shufflers	0	0	0	951	0	0	0	951
607	Gary Craven	m	MV 40	Manchester Muckers	0	0	0	0	951	0	0	951

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
608	Eric Austin	m	U21		0	0	0	0	950	0	0	950
609	Matt Baxter	m			950	0	0	0	0	0	0	950
610	Dan Saunders	m	MV 40	Team Otter	0	950	0	0	0	0	0	950
611	Sam Russell	m			0	0	950	0	0	0	0	950
612	Aoife Moss	f				0	0	0	0	950	0	950
613	Danny Thompson	m	MV 60		0	0	0	0	0	0	0	949
614	Josh Silver	m			949	0	0	0	0	0	0	949
615	Mason Wennington	m	U21		0	949	0	0	0	0	0	949
616	Jessica Slater	f		Revolution runners	0	0	949	0	0	0	0	949
617	James Shields	m			0	0	0	949	0	0	0	949
618	Sam Mooney	m			0	0	0	0	949	0	0	949
619	Neil Roberts	m	MV 50	Liverpool Pembroke & Sefton H&AC		0	0	0	0	0	949	949
620	Harrison Dent	m			0	948	0	0	0	0	0	948
621	Mike Innerdale	m	MV 50	Eden Runners	0	0	0	948	0	0	0	948
622	Kash Singh	m				0	0	0	0	948	0	948
623	Rich Greenfield	m	MV 40	Hoad Hill Harriers	947	0	0	0	0	0	0	947
624	Nick Martland	m	MV 50		0	947	0	0	0	0	0	947
625	Ali Pennefather	f			0	0	0	947	0	0	0	947
626	Adam Seidel	m	U25		0	0	0	0	947	0	0	947
627	Peter Burke	m				0	0	0	0	947	0	947
628	Tom Roper	m		Hyde Park Harriers	946	0	0	0	0	0	0	946
629	Stuart Buchan	m	MV 60	City of Hull	0	0	946	0	0	0	0	946
630	Adrian Hadley	m	MV 40		0	0	0	946	0	0	0	946
631	Andy Cartridge	m				0	0	0	0	946	0	946
632	Stephen Dyson	m	MV 40		945	0	0	0	0	0	0	945
633	Stuart Clayton	m	MV 50		0	0	0	0	945	0	0	945
634	Luke Wilson	m				0	0	0	0	945	0	945
635	Dominic Welsby	m			944	0	0	0	0	0	0	944
636	Lyndsay Darbyshire	f	FV 50	Burnden Road Runners	0	944	0	0	0	0	0	944
637	Becky Speres	f			0	0	944	0	0	0	0	944
638	Andrew Malcolm	m			0	0	0	944	0	0	0	944
639	James Barry	m			0	0	0	0	944	0	0	944
640	Steve Tinniswood	m	MV 50			0	0	0	0	0	944	944
641	Gordon Blunt	m	MV 40	Kendal Hockey Club	943	0	0	0	0	0	0	943
642	Cliff Veighey	m	MV 50		0	0	943	0	0	0	0	943
643	David Pollitt	m	MV 50	Leigh Harriers	0	0	0	943	0	0	0	943
644	Crawford Barber	m				0	0	0	0	943	0	943
645	Benjamin North	m			942	0	0	0	0	0	0	942
646	Owen Jones	m	MV 40	The Otters	0	942	0	0	0	0	0	942
647	Max Buswell	m	U25		0	0	942	0	0	0	0	942
648	Joe Brooke	m			0	0	0	942	0	0	0	942

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
649	Liam Tillett	m			0	0	0	0	942	0	0	942
650	Jack Lawton	m	U25			0	0	0	0	942	0	942
651	Andrew Fairweather	m	MV 40	Red rose road runner	0	0	0	0	941	0	0	941
652	Matt Whitehead	m			941	0	0	0	0	0	0	941
653	Sarah Kerr	f	FV 40		0	941	0	0	0	0	0	941
654	Ryan Bradley	m			0	0	941	0	0	0	0	941
655	Aidan Poynter	m			0	0	0	941	0	0	0	941
656	Lee Barker-field	m	MV 50			0	0	0	0	941	0	941
657	Ian Mckay	m	MV 50			0	0	0	0	0	941	941
658	Louise Robbins	f	FV 50		0	940	0	0	0	0	0	940
659	Iain Bramble	m	MV 50		0	0	940	0	0	0	0	940
660	Chris Howarth	m	MV 40	LAS Old Boys Basel	0	0	0	0	940	0	0	940
661	Callum Meadows	m		40% run club		0	0	0	0	940	0	940
662	Mark Hudson	m	MV 60	Liverpool Pembroke Sefton		0	0	0	0	0	940	940
663	Mr Lowes	m	MV 40	Elswick Harriers	939	0	0	0	0	0	0	939
664	Chris Lawrence	f	FV 60		0	939	0	0	0	0	0	939
665	Jack Gordon	m			0	0	939	0	0	0	0	939
666	Claire Thornton	f	FV 40	Methley Striders	0	0	0	939	0	0	0	939
667	Thomas Smith	m			0	0	0	0	939	0	0	939
668	Jack Lee-Thompson	m				0	0	0	0	939	0	939
669	Liam Webster	m				0	0	0	0	0	939	939
670	John Williams	m	MV 40	Milltown Milers	938	0	0	0	0	0	0	938
671	Eleanor Bennewith	f			0	938	0	0	0	0	0	938
672	Carlos Botello	m				0	0	0	0	938	0	938
673	Caroline White	f	FV 40	Helm Hill Runners		0	0	0	0	0	938	938
674	Ryan Armstrong	m			937	0	0	0	0	0	0	937
675	Andrew Mitchinson	m	MV 40	Team Otter	0	937	0	0	0	0	0	937
676	Michael Bean	m	MV 50		0	0	937	0	0	0	0	937
677	Connor Dykes	m	U25		0	0	0	0	937	0	0	937
678	Katherine Clancy	f	FV 40	Liverpool Pembroke and Sefton AC		0	0	0	0	0	937	937
679	Will Parry	m	MV 50	London Fronrunners	936	0	0	0	0	0	0	936
680	Rebecca Mon-Williams	f	FV 50		0	936	0	0	0	0	0	936
681	Richard Hawkins	m	MV 40	York Postal Harriers	0	0	936	0	0	0	0	936
682	Peter Whaley	m	MV 40	St Bees Triers	0	0	0	936	0	0	0	936
683	Rachel Bailey	f	U25	Bolton United Harriers	0	0	0	0	936	0	0	936
684	Benn Stephenson	m	MV 40			0	0	0	0	936	0	936
685	Dawn Saxby	f	FV 60	DCH Run Club	0	0	0	0	0	0	0	935
686	Paul Collins	m			935	0	0	0	0	0	0	935
687	Harrison Clough	m	U25		0	935	0	0	0	0	0	935
688	Ian Goulding	m	MV 60	Holmfirth Harriers	0	0	935	0	0	0	0	935
689	Anthony Hayes	m	MV 40		0	0	0	0	935	0	0	935

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
690	Alan Barr	m	MV 50	Howgill Harriers		0	0	0	0	935	0	935
691	Brian Winder	m	MV 70	Trailblazers	0	0	0	0	0	0	0	934
692	Chris Parry	m			934	0	0	0	0	0	0	934
693	Dougie Burke	m	U25		0	0	934	0	0	0	0	934
694	Connor McAleer	m			0	0	0	934	0	0	0	934
695	Katrina Hamilton	f		Wigan Harriers AC	0	0	0	0	934	0	0	934
696	Peter Roll	m	MV 50	Ilkley Harriers		0	0	0	0	934	0	934
697	Rachel Darling Love	f	FV 50	City of Hull AC	0	0	933	0	0	0	0	933
698	Neil Cholmondeley	m	MV 40	N/a		0	0	0	0	933	0	933
699	Josh Morris	m				0	0	0	0	0	933	933
700	Roberto Raso	m	MV 60	Manchester Frontrunners	0	0	932	0	0	0	0	932
701	Ben Brown	m			932	0	0	0	0	0	0	932
702	Ben Rowe	m	U25		0	0	0	932	0	0	0	932
703	Anton Mirafsari	m		Jarrow and Hebburn ac	0	931	0	0	0	0	0	931
704	Caitlin Burke	f		Hyde Park Harriers	0	0	931	0	0	0	0	931
705	Kasia Button	f			0	0	0	931	0	0	0	931
706	Chris Jones	m		Leven Valley AC	0	0	0	0	931	0	0	931
707	Ian Bowker	m	MV 50	Marple Runners	930	0	0	0	0	0	0	930
708	Dylan Lawton	m	MV 40	N/a		0	0	0	0	930	0	930
709	Tom Willox	m		Helm Hill Runners	929	0	0	0	0	0	0	929
710	martin Landivar	m	MV 40		0	929	0	0	0	0	0	929
711	Emma Spooner	f	FV 40		0	0	0	929	0	0	0	929
712	Tim Palfreman	m	MV 50	Harrogate Harriers	0	928	0	0	0	0	0	928
713	Nick Valentine	m				0	0	0	0	928	0	928
714	Martin Slovak	m	MV 40		927	0	0	0	0	0	0	927
715	Phill Rae	m	MV 50		0	0	927	0	0	0	0	927
716	steven bamber	m	MV 60	Preston Harriers	0	0	0	927	0	0	0	927
717	Samuel Watts	m				0	0	0	0	927	0	927
718	Carl Hutchinson	m			0	926	0	0	0	0	0	926
719	Adam Kramer	m	MV 40		0	0	0	926	0	0	0	926
720	Mark Eccleston	m	MV 40			0	0	0	0	0	926	926
721	Sarah Taylor	f		Beeston AC	925	0	0	0	0	0	0	925
722	Matt Hobby	m	MV 40		0	0	0	925	0	0	0	925
723	Matthew Mckeague	m	MV 40		0	0	0	0	925	0	0	925
724	Jamie Harrison	m				0	0	0	0	925	0	925
725	sam McCormack	m			924	0	0	0	0	0	0	924
726	Olivia Stewart	f	U25		0	924	0	0	0	0	0	924
727	John Marlen-Summers	m	MV 40		0	0	924	0	0	0	0	924
728	Mark Ayrton	m	MV 50		0	0	0	0	924	0	0	924
729	Michael Roddy	m				0	0	0	0	0	924	924
730	Jack Jolley	m	U25		923	0	0	0	0	0	0	923

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
731	Matthew Park	m			0	923	0	0	0	0	0	923
732	Hollie Steed	f			0	0	923	0	0	0	0	923
733	Paul Hammond	m	MV 40		0	0	0	923	0	0	0	923
734	Jane Applegarth	f	FV 40		0	0	0	0	923	0	0	923
735	Andrew Fleming	m	MV 40			0	0	0	0	923	0	923
736	Patricio Fernandez Quintana	m	MV 40			0	0	0	0	0	923	923
737	Dominic Bevan	m		Bogdan Bombers	922	0	0	0	0	0	0	922
738	Chris Gee	m	MV 40	Rochdale Harriers	0	922	0	0	0	0	0	922
739	Martyn Hurst	m	MV 40	Lonely Goat	0	0	0	922	0	0	0	922
740	Neil Mullinger	m	MV 40		0	0	0	0	922	0	0	922
741	Joanna Fitch	f				0	0	0	0	922	0	922
742	Steven Ainsworth	m			921	0	0	0	0	0	0	921
743	Rebecca Howard	f		Quakers	0	0	0	921	0	0	0	921
744	Thomas Webster	m			0	0	0	0	921	0	0	921
745	Julia Gray Carnaffin	f	FV 60	Jog On The Tyne		0	0	0	0	921	0	921
746	Anne Ferguson	f	FV 60	Burnden	0	920	0	0	0	0	0	920
747	Tyler Carter	m	U25		0	0	920	0	0	0	0	920
748	Adrian Burgon-kisby	m			0	0	0	920	0	0	0	920
749	Al McKain	m			0	0	0	0	919	0	0	919
750	Rachael Collins	f	FV 40		0	0	0	0	0	0	919	919
751	Jonathan Watson	m			919	0	0	0	0	0	0	919
752	Ashley Kaye	m			0	919	0	0	0	0	0	919
753	Steven Edwards	m			0	0	0	919	0	0	0	919
754	Adam Long	m		40% club		0	0	0	0	919	0	919
755	Philip Pasco	m			0	0	0	918	0	0	0	918
756	John Paul Smith	m	MV 60		0	0	0	0	918	0	0	918
757	Jim Kellow	m	MV 40			0	0	0	0	918	0	918
758	David Edwards	m			917	0	0	0	0	0	0	917
759	Simon Eggleston	m	MV 50	South Shields Harrers	0	917	0	0	0	0	0	917
760	Anna McDonald	f	U25	Didsbury Runners	0	0	917	0	0	0	0	917
761	Michiel Kieft	m	MV 40			0	0	0	0	917	0	917
762	Paul Hebden	m	MV 50	Bollington Harriers		0	0	0	0	0	917	917
763	Callum John	m	U25		0	916	0	0	0	0	0	916
764	Mike Collins	m	MV 50		0	0	916	0	0	0	0	916
765	Billy Duckworth	m			0	0	0	916	0	0	0	916
766	Pat Wyke	f	FV 60	Run in Wirral	0	0	0	0	0	0	0	915
767	Luke Poppleton	m	U25		915	0	0	0	0	0	0	915
768	Megan Raybould	f			0	915	0	0	0	0	0	915
769	Cheryl Chaffe	f	FV 50		0	0	0	0	0	0	0	914
770	Keith Robinson	m	MV 40		914	0	0	0	0	0	0	914
771	Lara Sharp	f			0	914	0	0	0	0	0	914

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
772	Dan Bromley	m	MV 40		0	0	914	0	0	0	0	914
773	Mark Picksley	m	MV 60	Unattached	0	0	0	914	0	0	0	914
774	Fay Tuffen	f	FV 50		0	0	0	0	914	0	0	914
775	Peter Cox	m	MV 50			0	0	0	0	0	914	914
776	Jack Richards	m			0	0	913	0	0	0	0	913
777	Katie Blackett	f		Bellahouston Road Runners	0	0	0	913	0	0	0	913
778	Ben Barnard	m	MV 40			0	0	0	0	913	0	913
779	Anne Macfarlane	f	FV 60	Dumfries Running Club		0	0	0	0	0	913	913
780	Kieron Jackson	m	MV 40		912	0	0	0	0	0	0	912
781	Mark Edsell	m	MV 50		0	912	0	0	0	0	0	912
782	Matthew Atkinson	m	MV 40		0	0	912	0	0	0	0	912
783	Stuart Lamb	m			911	0	0	0	0	0	0	911
784	Sophie Lee	f		City of Hull AC	0	0	911	0	0	0	0	911
785	Josh Tipper	m			0	0	0	911	0	0	0	911
786	Victor Ward	m	MV 50	Wolds Vets athletic club		0	0	0	0	911	0	911
787	Basia Pawelczak	f		Blackpool Wyre And Fylde Ac	910	0	0	0	0	0	0	910
788	Sarah Brotherton	f			0	910	0	0	0	0	0	910
789	Sam Jones	m	MV 40		0	0	910	0	0	0	0	910
790	Martin Le Roux	m			0	0	0	910	0	0	0	910
791	Robin Dallas-Childs	m	MV 40		0	0	0	0	910	0	0	910
792	Simon Robb	m				0	0	0	0	910	0	910
793	Jonathan Goldsworthy	m	MV 40		909	0	0	0	0	0	0	909
794	Ian Cooper	m	MV 60		0	909	0	0	0	0	0	909
795	Denis Cleary	m	MV 50	None	0	0	909	0	0	0	0	909
796	Steve Tupholme	m	MV 50	Holme Pierrepont RC	0	0	0	909	0	0	0	909
797	Matthew Eustace	m	MV 40			0	0	0	0	909	0	909
798	Anna Newton-Clarke	f				0	0	0	0	0	909	909
799	John McGinley	m			908	0	0	0	0	0	0	908
800	Elly Ball	f			0	908	0	0	0	0	0	908
801	Mary Hall	f	FV 40	Elswick Harriers	0	0	908	0	0	0	0	908
802	Antony Briscoe	m	MV 60	Cumberland AC	0	0	0	908	0	0	0	908
803	Mihir Joshi	m	MV 40			0	0	0	0	908	0	908
804	Matt Dixon	m			907	0	0	0	0	0	0	907
805	Lucy Mote	f			0	907	0	0	0	0	0	907
806	Laurent Stauffer	m	MV 60	MILA Rheintal	0	0	0	907	0	0	0	907
807	Matthew Higginson	m			0	0	0	0	907	0	0	907
808	Chris Craven	m	MV 40	LPS		0	0	0	0	907	0	907
809	Jim Laycock	m	MV 50			0	0	0	0	0	907	907
810	Spencer Wennington	m	U25		0	906	0	0	0	0	0	906
811	Isabelle Qamar	f	FV 50	Didsbury Runners	0	0	906	0	0	0	0	906
812	Peter Maguire	m	MV 40	Derwent Valley Running Club	0	0	0	906	0	0	0	906

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
813	Kyla Bennett	f	FV 40		0	0	0	0	906	0	0	906
814	Bruce Austin	m	U25		0	0	0	0	905	0	0	905
815	Donna Cartwright	f	FV 40	Radcliffe Ac	905	0	0	0	0	0	0	905
816	Rob Wennington	m	MV 50		0	905	0	0	0	0	0	905
817	Jamie Doyle	m				0	0	0	0	0	905	905
818	Linda Rix	f	FV 60	Manchester Frontrunners	0	0	904	0	0	0	0	904
819	Robert Burke	m	MV 40		904	0	0	0	0	0	0	904
820	Graham Pickering	m		Vegan Runners	0	0	0	904	0	0	0	904
821	Peter Bold	m	MV 60	Milltown Milers	903	0	0	0	0	0	0	903
822	Cheryl Stanley	f	FV 40		0	903	0	0	0	0	0	903
823	Alexandra Middleham	f	U25		0	0	903	0	0	0	0	903
824	Neil Mclachlan	m	MV 40		0	0	0	903	0	0	0	903
825	James Pearson	m	MV 40		0	0	0	0	903	0	0	903
826	Charlotte Middleham	f	U25		0	0	902	0	0	0	0	902
827	Nick Massey	m	U25		0	0	0	902	0	0	0	902
828	jonathan Vose	m	MV 40		0	0	0	0	902	0	0	902
829	Alan McTavish	m	MV 40			0	0	0	0	902	0	902
830	Richard Bacon	m	MV 70			0	0	0	0	0	902	902
831	Godfrey Nyamugunduru	m			901	0	0	0	0	0	0	901
832	Mary Fairclough	f	FV 40		0	901	0	0	0	0	0	901
833	Michael Little	m	MV 40		0	0	901	0	0	0	0	901
834	Jen Helm	f	FV 40	Prestwich AC	0	0	0	0	901	0	0	901
835	Callum Broadleday	m				0	0	0	0	901	0	901
836	Erin Crompton	f	U25	Nob End		0	0	0	0	0	901	901
837	Richard Fawcett	m	MV 50		0	900	0	0	0	0	0	900
838	Glen Brown	m			0	0	900	0	0	0	0	900
839	Daniel Gilchrist	m	MV 40		0	0	0	900	0	0	0	900
840	Philip Arrowsmith	m	MV 40		0	0	0	0	900	0	0	900
841	Ralph Fletcher	m	U25	Cool Runnings		0	0	0	0	0	900	900
842	Linda Doherty	f	FV 50	Burnden road runners	0	899	0	0	0	0	0	899
843	LEE MCDONOUGH	m	MV 40		0	0	0	899	0	0	0	899
844	Kevin Duncan	m	MV 40		0	0	0	0	899	0	0	899
845	Ross Ives	m	MV 40		898	0	0	0	0	0	0	898
846	Gemma Cargin	f		Chorlton Runners	0	0	0	898	0	0	0	898
847	Kate Formstone	f	FV 40		0	0	0	0	898	0	0	898
848	Nicola Hughes	f				0	0	0	0	898	0	898
849	Kevan Garner	m	MV 50	Stockport harriers	897	0	0	0	0	0	0	897
850	Alan Smitheman	m	MV 40	Loftus & Whitby Ac	0	0	0	897	0	0	0	897
851	Dave Tonge	m	MV 60			0	0	0	0	897	0	897
852	Peter EVANS	m	MV 50	Kings heath rc		0	0	0	0	0	897	897
853	andrew foulkes	m			896	0	0	0	0	0	0	896

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
854	Richard Kinrade	m			0	0	896	0	0	0	0	896
855	Charlie Murray	m			0	0	0	896	0	0	0	896
856	Anthony Thorley	m	MV 50	Red Rose Road Runners	0	0	0	0	896	0	0	896
857	Phil Kitchman	m	MV 50			0	0	0	0	896	0	896
858	Ferg Ryan	m	MV 40	Sw Running Crew		0	0	0	0	0	896	896
859	Lindsey Quinn	f			895	0	0	0	0	0	0	895
860	Mark Griffiths	m	MV 40		0	895	0	0	0	0	0	895
861	Chris Bristow	m	MV 40		0	0	895	0	0	0	0	895
862	Lotti Gecaite Collier	f	FV 40			0	0	0	0	0	895	895
863	David Simmons	m	MV 50	Prestwich AC	894	0	0	0	0	0	0	894
864	Joe Walker-Davies	m			0	894	0	0	0	0	0	894
865	Kelvin Palmer	m	MV 40		0	0	894	0	0	0	0	894
866	John Wilson	m	MV 40		0	0	0	894	0	0	0	894
867	Colin Howard	m	MV 60	Furness Fell Runners	0	0	0	0	894	0	0	894
868	Peter Cantwell	m	MV 40			0	0	0	0	894	0	894
869	William Mulvaney	m			0	893	0	0	0	0	0	893
870	Christopher Hanson	m	MV 50		892	0	0	0	0	0	0	892
871	Adrian Dixon	m	MV 60		0	892	0	0	0	0	0	892
872	Andrew Moss	m			0	0	892	0	0	0	0	892
873	David Holliday	m	MV 50	DCH Run Club	0	0	0	892	0	0	0	892
874	Matt Gillard	m	MV 40		0	0	891	0	0	0	0	891
875	Hugh Carter	m	U25		0	0	0	891	0	0	0	891
876	Craig Rimmer	m	MV 40		0	0	0	0	891	0	0	891
877	Helen Pointon	f	FV 40	#mrprundamentalist		0	0	0	0	0	891	891
878	Jason Stanley	m	MV 40		0	890	0	0	0	0	0	890
879	Shannon Horrocks	f			0	0	890	0	0	0	0	890
880	Brian Clifford	m	MV 40		0	0	0	890	0	0	0	890
881	Rebecca Bazire	f				0	0	0	0	0	890	890
882	Kevin Mackay	m	MV 60		889	0	0	0	0	0	0	889
883	Matthew Dack	m			0	0	889	0	0	0	0	889
884	Rebecca Willmott	f		Vegan Runners	0	0	0	889	0	0	0	889
885	Trudy Coyle	f	FV 50		0	0	0	0	889	0	0	889
886	Ian Goodall	m	MV 40			0	0	0	0	0	889	889
887	Kevin Tomlinson	m	MV 60	Milltown Milers	888	0	0	0	0	0	0	888
888	Melissa Gorst	f			0	888	0	0	0	0	0	888
889	Nathan Lord	m				0	0	0	0	888	0	888
890	Annie Consiglio	f				0	0	0	0	0	888	888
891	Robert Melling	m			887	0	0	0	0	0	0	887
892	Mark Nussey	m	MV 50	Thornton Cleveleys Running club	0	0	887	0	0	0	0	887
893	Brenda Rutter	f	FV 60			0	0	0	0	887	0	887
894	Marjoiljn Spoorenberg	f			886	0	0	0	0	0	0	886

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
895	Philip Grace	m	MV 50	Lonely Goat Rc	0	886	0	0	0	0	0	886
896	Jack Ryder	m			0	0	0	0	886	0	0	886
897	John McCoy	m				0	0	0	0	886	0	886
898	Natalie Curtis	f	FV 50	Ilkley Harriers	0	885	0	0	0	0	0	885
899	Steven Kitchin	m	MV 50		0	0	885	0	0	0	0	885
900	Joshua ROBSON	m	U25	Derwent Valley Running Club	0	0	0	885	0	0	0	885
901	Chris Mccoy	m		Mersey Tri		0	0	0	0	885	0	885
902	Emma Barrington	f			884	0	0	0	0	0	0	884
903	Charlie Tose	m	U25		0	0	884	0	0	0	0	884
904	Megan Stake	f		Marsh Lane Harriers	0	0	0	884	0	0	0	884
905	Chris Bluck	m	MV 40	Blackpool Wyre & Fylde AC	0	0	0	0	884	0	0	884
906	Find Jorgensen	m	MV 60			0	0	0	0	884	0	884
907	Danielle Harper-Brady	f		Elvet striders		0	0	0	0	0	884	884
908	Stephen Field	m	MV 40		883	0	0	0	0	0	0	883
909	Elliott Cruickshanks	m			0	0	883	0	0	0	0	883
910	Sandy Currie	m			0	0	0	883	0	0	0	883
911	John Bamforth	m	MV 50		0	0	0	0	883	0	0	883
912	Lauren Strong	f				0	0	0	0	0	883	883
913	Steven Kjar	m	MV 50	Benfleet	0	0	882	0	0	0	0	882
914	David Norman	m	MV 50	Wolverhampton & Bilston AC	0	0	0	882	0	0	0	882
915	Phil Nixon	m	MV 50		0	0	0	0	882	0	0	882
916	Steve Coward	m	MV 50		881	0	0	0	0	0	0	881
917	Andrew Hickson	m	MV 50	Cornwall AC	0	0	0	881	0	0	0	881
918	Andrew Cunliffe	m	U25			0	0	0	0	881	0	881
919	Neil Tattersall	m	MV 50			0	0	0	0	0	881	881
920	Ben Gibson	m	U21		0	880	0	0	0	0	0	880
921	Andrew Harrison	m	MV 50		0	0	0	0	880	0	0	880
922	James Lynch	m				0	0	0	0	880	0	880
923	Stephanie Barlow	f	FV 50	Elvet striders		0	0	0	0	0	880	880
924	Pierce Hamer	m	U25		879	0	0	0	0	0	0	879
925	Louis Bolton	m	U25		0	0	879	0	0	0	0	879
926	John Findlay	m	MV 50		0	0	0	879	0	0	0	879
927	Jim Harling	m	MV 40		0	0	0	0	879	0	0	879
928	Albert Wood	m				0	0	0	0	879	0	879
929	Jonathan Fletcher	m	MV 50	Ripon Runners		0	0	0	0	0	879	879
930	Russell Fox	m			0	878	0	0	0	0	0	878
931	Jordan Hammond	m		Furness Trailblazers	878	0	0	0	0	0	0	878
932	Ömer Bacakoglu	m	MV 50		0	0	0	878	0	0	0	878
933	Libby Fletcher	f				0	0	0	0	0	878	878
934	Martha Anderson-Taylor	f			0	877	0	0	0	0	0	877
935	Colin Dobbs	m	MV 40	Penny Lane Striders	877	0	0	0	0	0	0	877

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
936	Chris Blackburn	m	MV 40		0	0	877	0	0	0	0	877
937	Tom Barker	m			876	0	0	0	0	0	0	876
938	Ruth John	f			0	0	876	0	0	0	0	876
939	Stuart Tattersall	m	MV 50		0	0	0	0	876	0	0	876
940	Nick Postill	m				0	0	0	0	876	0	876
941	Kathryn Hopley	f			875	0	0	0	0	0	0	875
942	Gavin Torr	m	MV 50		0	875	0	0	0	0	0	875
943	Lucy Khan	f	FV 50	City Of Hull Ac	0	0	875	0	0	0	0	875
944	John Kelly	m	MV 50		0	0	0	875	0	0	0	875
945	Jo Bonham	f	FV 50		0	0	0	0	875	0	0	875
946	Sally McCoy	f	FV 50	Lostock AC	0	0	874	0	0	0	0	874
947	Jason Loveridge	m				0	0	0	0	874	0	874
948	Laura Disley	f	FV 40		0	0	0	0	0	0	873	873
949	Chris Hearle	m			873	0	0	0	0	0	0	873
950	Melissa Husbands	f	FV 50	Burnden Road Runners	0	873	0	0	0	0	0	873
951	Cheryl Ashdown	f	FV 60	City of Hull	0	0	873	0	0	0	0	873
952	Magda Trafas	f	FV 40	Summit Ultra	0	0	0	873	0	0	0	873
953	Gillian Glynn	f	FV 50		872	0	0	0	0	0	0	872
954	Daniel Merlo	m	MV 40	Rochdale Harriers & AC	0	872	0	0	0	0	0	872
955	Matthew Almond	m	MV 60		0	0	872	0	0	0	0	872
956	David Green	m	MV 60		0	0	0	872	0	0	0	872
957	Alexandra Battersby	f	FV 40	Tyne Bridge Harriers	0	0	0	0	872	0	0	872
958	Jennifer Thornton-Smith	f				0	0	0	0	872	0	872
959	Hannah Spencer	f				0	0	0	0	0	872	872
960	Hilary Neal	f	FV 40		871	0	0	0	0	0	0	871
961	Mary Dawson	f	FV 40		0	871	0	0	0	0	0	871
962	Susan Kerfoot	f	FV 40	St Helens Striders	0	0	871	0	0	0	0	871
963	Stephen McGinn	m	MV 50		0	0	0	871	0	0	0	871
964	Jimmy Mcquillan	m				0	0	0	0	871	0	871
965	Jimmy Ryan	m	MV 50		870	0	0	0	0	0	0	870
966	Dean McCluskey	m				0	0	0	0	870	0	870
967	Brad Foster	m			0	869	0	0	0	0	0	869
968	George Chrystal	m	U25		0	0	869	0	0	0	0	869
969	Carl Robinson	m	MV 60	Red Rose	0	0	0	0	869	0	0	869
970	Lewis Horrocks	m				0	0	0	0	0	869	869
971	Tom Silver	m		Chorlton Runners	868	0	0	0	0	0	0	868
972	Neil Reddin	m	MV 40	Team Otter	0	868	0	0	0	0	0	868
973	Kieran Ridley	m			0	0	0	868	0	0	0	868
974	Joanna Popiela	f				0	0	0	0	0	868	868
975	Lee Drummond	m	MV 50	Birtley Ac	867	0	0	0	0	0	0	867
976	Jonathan Beckham	m			0	0	0	867	0	0	0	867

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
977	Jake Baker	m			0	0	0	0	867	0	0	867
978	Lucy Courtney	f	FV 50	Jog on Tyne		0	0	0	0	867	0	867
979	Nicola Smith	f	FV 40	Cleethorpes AC		0	0	0	0	0	867	867
980	Luke Kane	m	U25		866	0	0	0	0	0	0	866
981	Rosina Merrett	f	FV 40		0	0	866	0	0	0	0	866
982	Julie Hall	f	FV 40	Blackpool, Wyre and Fylde Athletics Club	0	0	0	0	866	0	0	866
983	Gerard Rooney	m	MV 60	Dalston Caldew Runners		0	0	0	0	866	0	866
984	Andrew Connors	m	MV 50	Knowle & DorrIDGE Running Club	865	0	0	0	0	0	0	865
985	Fran Mckee	f			0	865	0	0	0	0	0	865
986	Sarah Cartmel	f	FV 50		0	0	0	0	865	0	0	865
987	Russell Davies	m	MV 50	Knowle And DorrIDGE Rc	864	0	0	0	0	0	0	864
988	Ravind Bhangal	m				0	0	0	0	864	0	864
989	Corinne Cummings	f	FV 50	Keswick Athletics Club	863	0	0	0	0	0	0	863
990	Elaine Clarke	f	FV 40	NYP TRI	0	863	0	0	0	0	0	863
991	Wendy Slater	f	FV 50		0	0	863	0	0	0	0	863
992	Tom Morris	m			0	0	0	0	863	0	0	863
993	Stephen Gornall	m	MV 60			0	0	0	0	863	0	863
994	Nicholas Short	m	MV 50		862	0	0	0	0	0	0	862
995	Jeff Blackford	m	MV 50	Didsbury runners	0	0	862	0	0	0	0	862
996	Adam Gornall	m				0	0	0	0	862	0	862
997	Simon Willett	m	MV 40		0	0	861	0	0	0	0	861
998	Jack Gargan	m			0	0	0	861	0	0	0	861
999	Marion Bell	f	FV 40			0	0	0	0	0	861	861
1000	Matt Brookes	m	MV 40	Ripon Runners	860	0	0	0	0	0	0	860
1001	Daniel Tetlow	m		St Helens Striders	0	0	860	0	0	0	0	860
1002	Robert Houghton	m		Billinge Running Club	0	0	0	860	0	0	0	860
1003	Michelle Durney	f	FV 50			0	0	0	0	0	860	860
1004	Justin Gill	m	MV 50	Clayton-le-Moors Harriers	0	859	0	0	0	0	0	859
1005	Niki Whitaker	f	FV 40	City Of Hull AC	0	0	859	0	0	0	0	859
1006	Dean Sharples	m	U25		0	0	0	859	0	0	0	859
1007	Shaun McMullen	m	MV 60		0	0	0	0	859	0	0	859
1008	Rob Coppell	m	MV 40			0	0	0	0	0	859	859
1009	robert m page	m	MV 40		858	0	0	0	0	0	0	858
1010	Matthew Rowan	m			0	0	0	858	0	0	0	858
1011	Thomas Scott	m			0	0	0	0	858	0	0	858
1012	Leslie Johnson	m	MV 50	Cheshire Dragons	857	0	0	0	0	0	0	857
1013	Kathy Bloomfield	f	FV 40		0	857	0	0	0	0	0	857
1014	Shaun Babar	m	MV 50		0	0	0	857	0	0	0	857
1015	Dean Latham	m			0	0	0	0	857	0	0	857
1016	Marieke Chalmers	f	FV 40			0	0	0	0	857	0	857
1017	Rachel Ainsworth	f	FV 40	Johnson's Triathlon Coaching		0	0	0	0	0	857	857

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1018	Laura Davies	f			856	0	0	0	0	0	0	856
1019	Nicola Kitchin	f	FV 50		0	0	856	0	0	0	0	856
1020	Paul Bennett	m	MV 40	Vale of York Athletic Community	855	0	0	0	0	0	0	855
1021	Jonathan Atkinson	m	MV 50	Didsbury Runners	0	0	855	0	0	0	0	855
1022	Paul Mccowen	m	MV 40		0	0	0	0	855	0	0	855
1023	Donna Blackburn	f	FV 40		0	0	854	0	0	0	0	854
1024	Natasha Powell	f		Derwent valley running club	0	0	0	854	0	0	0	854
1025	Stuart Kane	m	MV 40	Lancashire Constabulary		0	0	0	0	854	0	854
1026	Lori Mcarthur	f	FV 40			0	0	0	0	0	854	854
1027	Josh Baldwin	m			0	853	0	0	0	0	0	853
1028	Claire Knox	f	FV 40	Derwent Valley Running Club	0	0	0	853	0	0	0	853
1029	Neil Croskery	m	MV 50			0	0	0	0	853	0	853
1030	Charlotte Scott	f	FV 40	Upper Wharfedale Runners		0	0	0	0	0	853	853
1031	George Atherton	m			852	0	0	0	0	0	0	852
1032	Duncan Milne	m		GC-RBB	0	0	0	852	0	0	0	852
1033	Marianne McDermott	f			0	0	0	0	852	0	0	852
1034	amy kirk	f				0	0	0	0	852	0	852
1035	Thomas Alton	m			851	0	0	0	0	0	0	851
1036	Katie Murray	f			0	0	0	851	0	0	0	851
1037	Adam Myers	m			0	0	0	0	851	0	0	851
1038	Ollie Camburn	m	U25		850	0	0	0	0	0	0	850
1039	David Bailey	m	MV 50	Biddulph Running Club	0	850	0	0	0	0	0	850
1040	Philip Whitfield	m	MV 50	Eden Runners	0	0	0	0	850	0	0	850
1041	Sharon Roberts	f	FV 50	Liverpool Pembroke & Sefton		0	0	0	0	0	850	850
1042	Julie Gate	f	FV 50	Eden Runners	0	0	0	0	849	0	0	849
1043	Tim Kings	m	MV 50		849	0	0	0	0	0	0	849
1044	Joanne Bailey	f	FV 50	Biddulph Running Club	0	849	0	0	0	0	0	849
1045	Callum Grant	m				0	0	0	0	849	0	849
1046	Victoria Hatton	f	FV 50			0	0	0	0	0	849	849
1047	Alastair Mcintosh	m	MV 40		848	0	0	0	0	0	0	848
1048	Gemma Kenny	f			0	0	848	0	0	0	0	848
1049	Jason Bowman	m	MV 50		0	0	0	848	0	0	0	848
1050	Simon James	m			0	0	0	0	848	0	0	848
1051	Wayne Lawrenson	m	MV 40		0	847	0	0	0	0	0	847
1052	Laura Parkin	f	FV 40	Didsbury Runners	0	0	847	0	0	0	0	847
1053	Helen Palmer	f	FV 40		846	0	0	0	0	0	0	846
1054	Mark Graham	m	MV 50	Wirral Vikings	0	0	846	0	0	0	0	846
1055	Deb Stanaway	f	FV 50	Tattenhall Runners	0	0	0	0	846	0	0	846
1056	Simon Brady	m	MV 40		845	0	0	0	0	0	0	845
1057	Justin Ions	m	MV 50		0	845	0	0	0	0	0	845
1058	Caroline D'Arcy	f	FV 50		0	0	845	0	0	0	0	845

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1059	Andy Carpenter	m	MV 60		0	0	0	845	0	0	0	845
1060	Rachel Dimelow	f				0	0	0	0	845	0	845
1061	Greg Kilshaw	m	MV 40	Lostock AC	0	0	844	0	0	0	0	844
1062	Michael Ollier	m	MV 40	Vail Royal AC in Winsford	0	0	0	844	0	0	0	844
1063	Sam Coward	m				0	0	0	0	844	0	844
1064	Sarah Hoggarth	f	FV 50	Orchard Eagles Running Club		0	0	0	0	0	844	844
1065	Christopher Rowland	m	MV 40		843	0	0	0	0	0	0	843
1066	Alejandro McIntyre	m			0	0	843	0	0	0	0	843
1067	David Ormrod	m			0	0	0	843	0	0	0	843
1068	Jamie Birks	f				0	0	0	0	843	0	843
1069	Alec MacLean	m	MV 50	Beeston AC		0	0	0	0	0	843	843
1070	Laurence Betts	m	MV 40		842	0	0	0	0	0	0	842
1071	Jordan Hancock	m			0	0	0	0	842	0	0	842
1072	David Butler	m	MV 50	Blackpool Freedom Runners		0	0	0	0	842	0	842
1073	Davinia Jackson	f	FV 40		0	0	841	0	0	0	0	841
1074	Scott Damerum	m	MV 50		0	0	0	0	841	0	0	841
1075	Eva Harker	f	U21			0	0	0	0	841	0	841
1076	Tracey J Burlinson Campbell	f	FV 50	Lonely Goat Running Club	0	0	0	840	0	0	0	840
1077	Elaine Louise Parry	f	FV 40		0	0	0	0	840	0	0	840
1078	Richard Thomas	m				0	0	0	0	840	0	840
1079	Andrew Nuttall	m	MV 40		839	0	0	0	0	0	0	839
1080	Daniella Aspin	f	FV 40		0	839	0	0	0	0	0	839
1081	Dave Greene	m	MV 50	Thornton Cleveleys	0	0	839	0	0	0	0	839
1082	Heather Woods	f		Keswick AC	0	838	0	0	0	0	0	838
1083	Darren Conway	m	MV 50		838	0	0	0	0	0	0	838
1084	Jack Roberts	m	U25		0	0	0	0	838	0	0	838
1085	James Parkinson	m				0	0	0	0	0	838	838
1086	Luke Wookey	m	MV 40		837	0	0	0	0	0	0	837
1087	Marianne Veighey	f	FV 50		0	0	837	0	0	0	0	837
1088	Andy Fisher	m	MV 40		0	0	0	837	0	0	0	837
1089	Gareth Eaton	m	MV 40		0	0	0	0	837	0	0	837
1090	Suzie Daw	f	FV 40			0	0	0	0	0	837	837
1091	Guy Cowen-Hutton	m			0	836	0	0	0	0	0	836
1092	Rachael Martin	f	FV 40		0	0	836	0	0	0	0	836
1093	Andre Mair	m			0	0	0	0	836	0	0	836
1094	Leon Dack	m	U25			0	0	0	0	836	0	836
1095	Paul Main	m	MV 40			0	0	0	0	0	836	836
1096	Mary Fox	f			0	835	0	0	0	0	0	835
1097	Chris Pinkney	m	MV 40		835	0	0	0	0	0	0	835
1098	Rachel Hancock	f	FV 50	Lostock AC	0	0	835	0	0	0	0	835
1099	David Bone	m	MV 60		0	0	0	835	0	0	0	835

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1100	Kate Harrison	f		Abbey Runners		0	0	0	0	835	0	835
1101	Jackie Welburn	f	FV 40	Beeston AC		0	0	0	0	0	835	835
1102	Carol Edwards	f	FV 60		0	0	0	0	0	0	834	834
1103	Grace Rowley	f	FV 40		834	0	0	0	0	0	0	834
1104	John Street	m	MV 50	Thornton Cleveleys Running Club	0	0	834	0	0	0	0	834
1105	Andy Johannesen	m		Glaxo Hoad Hill Harriers	0	0	0	834	0	0	0	834
1106	Simon Slatter	m		4ZERO		0	0	0	0	834	0	834
1107	Jodie Daghish	f			0	833	0	0	0	0	0	833
1108	Gary Tate	m	MV 40	Thornton cleveleys running club	0	0	833	0	0	0	0	833
1109	Laura Lawler	f	FV 50	BWFAC	0	0	0	0	833	0	0	833
1110	Hadley Gibson	m			832	0	0	0	0	0	0	832
1111	Michael Curry	m	MV 40		0	0	0	832	0	0	0	832
1112	Claire Faulkner	f				0	0	0	0	832	0	832
1113	Caroline Glover	f	FV 60		0	0	831	0	0	0	0	831
1114	Andy Drake	m	MV 50		0	0	0	831	0	0	0	831
1115	Jordan Jenkinson	m			0	0	0	0	831	0	0	831
1116	Hayley Gardner	f				0	0	0	0	831	0	831
1117	Laura Benson	f		Eden Runners	830	0	0	0	0	0	0	830
1118	Mark Lobb	m			0	830	0	0	0	0	0	830
1119	Sophie Tedham	f			0	0	0	830	0	0	0	830
1120	Stephen Stanaway	m	MV 50	Tattenhall Trotters	0	0	0	0	830	0	0	830
1121	Jamie Butler	m		Birstall Rc		0	0	0	0	830	0	830
1122	Cherry Collison	f	FV 50	Bolton united harriers	0	829	0	0	0	0	0	829
1123	Jen Willitts	f	FV 40	Team ACF	0	0	829	0	0	0	0	829
1124	Hilary Royston-bishop	f		Derwent Athletic Club	0	0	0	0	829	0	0	829
1125	Lizzy Fawcett	f				0	0	0	0	0	829	829
1126	Steve Gibson	m	MV 40		0	828	0	0	0	0	0	828
1127	Jonathan Willitts	m	MV 40		0	0	828	0	0	0	0	828
1128	Siobhan Firman	f			0	0	0	828	0	0	0	828
1129	Kate Bowden	f	FV 50	Glossopdale Harriers		0	0	0	0	828	0	828
1130	Holly Morrison-Carter	f				0	0	0	0	0	828	828
1131	Greg Jones	m	MV 40		0	827	0	0	0	0	0	827
1132	Caitlin Fawkes	f	U25	Glaxo Hoad Hill Harriers	0	0	0	0	827	0	0	827
1133	Paul Sale	m	MV 40		826	0	0	0	0	0	0	826
1134	Ellie McCarthy	f			0	826	0	0	0	0	0	826
1135	Sam Brown	m			0	0	0	826	0	0	0	826
1136	Nat Pawlowski	m	MV 50	Kendal Tri		0	0	0	0	826	0	826
1137	Jonathan Broome	m	MV 50	Achille Ratti	825	0	0	0	0	0	0	825
1138	Natalie Chan-Lam	f			0	825	0	0	0	0	0	825
1139	Heather Soden	f	FV 50	Lostock AC	0	0	825	0	0	0	0	825
1140	Dawn Jones	f	FV 50	Harlow Athletic Club		0	0	0	0	825	0	825

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1141	Kay Hebden	f	FV 50	Bollington Harriers	0	0	0	0	0	0	824	824
1142	Kate Shaw	f	FV 40		0	824	0	0	0	0	0	824
1143	Janet Rhodes	f	FV 50	Lostock ac	0	0	824	0	0	0	0	824
1144	Alex White	m			0	0	0	824	0	0	0	824
1145	Alexandra Smith	f			0	0	0	0	824	0	0	824
1146	Jo Colvin	f	FV 40		0	823	0	0	0	0	0	823
1147	Lindi Day	f	FV 50	City of Hull AC	0	0	823	0	0	0	0	823
1148	Amanda Gray	f			0	0	0	823	0	0	0	823
1149	christina downham	f			0	0	0	0	823	0	0	823
1150	Stephen King	m	MV 60	Ilkley Harriers		0	0	0	0	823	0	823
1151	Paul Senior	m			0	0	0	822	0	0	0	822
1152	Rebecca Mulvaney	f			0	822	0	0	0	0	0	822
1153	Roxanne McAllister	f		Thornton-Cleveleys Running Club	0	0	822	0	0	0	0	822
1154	Darren Roberts	m	MV 50		0	0	0	0	822	0	0	822
1155	Mark Blundell	m	MV 60	Edge Pistols		0	0	0	0	822	0	822
1156	Wolfgang Altenau	m	MV 70			0	0	0	0	0	822	822
1157	Si Stevenson	m	MV 40		821	0	0	0	0	0	0	821
1158	simon Bennewith	m	MV 50		0	821	0	0	0	0	0	821
1159	Michael Bellwood	m			0	0	0	821	0	0	0	821
1160	Matthew Riley	m				0	0	0	0	821	0	821
1161	Marie Nunes	f				0	0	0	0	0	821	821
1162	Peter Hill	m	MV 40		820	0	0	0	0	0	0	820
1163	Michael Nelson	m	MV 50		0	0	0	0	820	0	0	820
1164	Katherine Holt	f		Manchester Triathlon Club	0	819	0	0	0	0	0	819
1165	Andrea Keen	f	FV 50	City of Hull	0	0	819	0	0	0	0	819
1166	Charlotte Bennett	f			0	0	0	819	0	0	0	819
1167	Colin Sam Walton	m	MV 60	Wilmslow Running Club	0	0	0	0	819	0	0	819
1168	Carole Hopkinson	f	FV 60			0	0	0	0	0	819	819
1169	Neil Dunlop	m	MV 60		818	0	0	0	0	0	0	818
1170	Amy Danaher	f			0	0	0	818	0	0	0	818
1171	Martyn Earle	m	MV 40			0	0	0	0	818	0	818
1172	William Burgess	m	MV 60	Cheshire Hash House Harriers	817	0	0	0	0	0	0	817
1173	Eliot Manning	m	U25		0	0	0	817	0	0	0	817
1174	Niamh O'Malley	f				0	0	0	0	0	817	817
1175	Charlotte Short	f	U21		816	0	0	0	0	0	0	816
1176	Susan Smerdon	f	FV 40	Widnes running club	0	816	0	0	0	0	0	816
1177	Sally Williamson	f	FV 40			0	0	0	0	816	0	816
1178	Neal Pearsall	m	MV 40		815	0	0	0	0	0	0	815
1179	Emily Crowder	f			0	815	0	0	0	0	0	815
1180	Callum Palmer	m	U25		0	0	815	0	0	0	0	815
1181	Alex Bowling	m				0	0	0	0	815	0	815

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1182	Elaine Farrer	f	FV 50			0	0	0	0	0	815	815
1183	Cathryn Rostron	f	FV 50	Bollington Harriers	0	0	0	0	0	0	814	814
1184	Sinead Cannon	f	FV 50	Kendal Tri Club	0	0	814	0	0	0	0	814
1185	Danii Houghton	f			0	0	0	814	0	0	0	814
1186	Stephen Draper	m	MV 40		0	0	0	0	814	0	0	814
1187	Ben Clay	m		Slaithwaite Striders		0	0	0	0	814	0	814
1188	Diane Ward	f	FV 40		0	0	0	0	0	0	813	813
1189	Dan Mullarkey	m		Swinton Running Club	0	813	0	0	0	0	0	813
1190	Jonathan Davis	m	MV 40		0	0	0	813	0	0	0	813
1191	Ste Gregory	m	MV 40		0	0	0	0	813	0	0	813
1192	Andrew Turnbull	m	MV 40			0	0	0	0	0	812	812
1193	Virginia Short	f	FV 50		811	0	0	0	0	0	0	811
1194	Deborah Lyons-gravett	f	FV 50		0	811	0	0	0	0	0	811
1195	Pip Mclachlan	f	FV 40		0	0	0	811	0	0	0	811
1196	Matt Whalley	m			810	0	0	0	0	0	0	810
1197	Jayson Liggett	m	MV 50		0	810	0	0	0	0	0	810
1198	Steve Dodds	m	MV 50		0	0	0	810	0	0	0	810
1199	Emma Cook	f			0	0	0	0	810	0	0	810
1200	Catherine Harker	f	FV 40			0	0	0	0	810	0	810
1201	Peter Trencher	m	MV 40		809	0	0	0	0	0	0	809
1202	Carole Webster	f	FV 50		0	809	0	0	0	0	0	809
1203	Andy Hitchen	m	MV 60	Keswick A C	0	0	0	809	0	0	0	809
1204	Jane Damerum	f	FV 40	Dragons Running Club (Sale)	0	0	0	0	809	0	0	809
1205	Jonathan Fenwick	m			808	0	0	0	0	0	0	808
1206	Mary Umapathy	f			0	808	0	0	0	0	0	808
1207	Andrew Creighton	m	MV 50		0	0	808	0	0	0	0	808
1208	John Macholc	m	MV 60	Accrington Road Runner	0	0	0	0	808	0	0	808
1209	Luciec Walker	f			807	0	0	0	0	0	0	807
1210	Shirley Swanson	f	FV 60	Steeple Chasers Running & Cycling Club	0	0	0	0	807	0	0	807
1211	Sharon Corbridge	f	FV 50		0	806	0	0	0	0	0	806
1212	Debbie Tyson	f	FV 40	Millom Striders	0	0	805	0	0	0	0	805
1213	Bill Hornby	m	MV 50	Hartlepool Burn Road Harriers	0	0	0	805	0	0	0	805
1214	Debi Ives	f	FV 40		804	0	0	0	0	0	0	804
1215	Jenni Partington	f	FV 40	Burnden Road Runners	0	804	0	0	0	0	0	804
1216	Kirsty Robson	f	FV 50	Derwent Valley Running Club	0	0	0	804	0	0	0	804
1217	Julie Cook	f	FV 50	Tynedale Harriers		0	0	0	0	804	0	804
1218	Louise Milburn	f	FV 50	Upper wharfedale runners		0	0	0	0	0	804	804
1219	John Edwards	m	MV 70		0	0	0	0	803	0	0	803
1220	Helen Hart	f	FV 40		803	0	0	0	0	0	0	803
1221	Rabab Gatnash	f			0	803	0	0	0	0	0	803
1222	Hannah Newcomb	f	FV 40			0	0	0	0	803	0	803

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1223	Richard Rayner	m	MV 50		0	0	0	0	0	802	0	802
1224	Sarah Spalding	f	FV 40		0	802	0	0	0	0	0	802
1225	Rebecca Modeley	f			0	0	802	0	0	0	0	802
1226	Catherine Brydon	f	FV 40		0	0	0	802	0	0	0	802
1227	Julie Thorley	f	FV 50	Red Rose Road Runners	0	0	0	0	802	0	0	802
1228	Wendy Lynch	f	FV 50	Low Fell Running Club	0	801	0	0	0	0	0	801
1229	Natalie Biggin	f			0	0	801	0	0	0	0	801
1230	Esther Neal	f			0	0	0	801	0	0	0	801
1231	Nanne Brattinga	m	MV 40		0	0	0	0	801	0	0	801
1232	Garry Corr	m	MV 50			0	0	0	0	0	801	801
1233	Eleanor McIntosh	f			0	800	0	0	0	0	0	800
1234	Beverley Atherton-mckenna	f	FV 50	Lostock AC	0	0	800	0	0	0	0	800
1235	Peter van den Belt	m	MV 40		0	0	0	0	800	0	0	800
1236	Amie Naylor	f	FV 50			0	0	0	0	0	800	800
1237	Christopher D'Arcy	m	MV 50		0	0	799	0	0	0	0	799
1238	Tracy Slater	f	FV 40		0	0	0	0	799	0	0	799
1239	Jenny Owen-Jones	f	FV 40		0	0	798	0	0	0	0	798
1240	Grace Richardson	f		Roundhay Runners	0	0	0	798	0	0	0	798
1241	Vicki Moretti	f	FV 40		0	0	0	0	798	0	0	798
1242	Karen Henthorn	f	FV 40			0	0	0	0	0	798	798
1243	Andy Precious	m	MV 40		797	0	0	0	0	0	0	797
1244	Catriona Mackenzie	f	FV 50		0	797	0	0	0	0	0	797
1245	Ian Henry	m			0	0	797	0	0	0	0	797
1246	Andy Buckroyd	m	MV 60	Macclesfield Harriers	0	0	0	797	0	0	0	797
1247	Simon Scarr	m	MV 60	Bw&fac	0	0	0	0	797	0	0	797
1248	Paul Henthorn	m	MV 50			0	0	0	0	0	797	797
1249	Paula Marshall	f	FV 50	Bollington Harriers	0	0	0	0	0	0	796	796
1250	Lee Marks	m	MV 40	Salford Metropolitan AC	0	0	0	796	0	0	0	796
1251	Rachel Day	f			0	0	0	795	0	0	0	795
1252	Janette Canfield	f	FV 50		0	0	0	0	795	0	0	795
1253	Sarah King	f	FV 40			0	0	0	0	0	795	795
1254	Bernard Brown	m	MV 60		0	794	0	0	0	0	0	794
1255	Mark Pearson	m	MV 50			0	0	0	0	794	0	794
1256	Marion Sharples	f			0	793	0	0	0	0	0	793
1257	John Green	m	MV 50		0	0	0	793	0	0	0	793
1258	James Kemp	m			0	0	0	0	793	0	0	793
1259	Kerry Barker	f	FV 40			0	0	0	0	793	0	793
1260	Karen Eckworth	f	FV 60	Alton Runners		0	0	0	0	0	793	793
1261	Gary Smith	m	MV 40		792	0	0	0	0	0	0	792
1262	Janet Finn	f	FV 50		0	792	0	0	0	0	0	792
1263	Emma Blundell	f		Lonsdale Fell Runners	0	0	0	792	0	0	0	792

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1264	Dane Browne	m			0	0	0	0	792	0	0	792
1265	Louise Chicken	f	FV 50	Tynedale Harriers		0	0	0	0	792	0	792
1266	Gareth Robinson	m	MV 40			0	0	0	0	791	0	791
1267	Jane Marshall	f	FV 50	York Acorn Running Club		0	0	0	0	0	791	791
1268	Kevin Betts	m	MV 40	Skelmersdale Boundary Harriers	790	0	0	0	0	0	0	790
1269	Chris Taylor	m	MV 40	Elvet Striders	0	0	0	790	0	0	0	790
1270	Paul Gibbons	m	MV 60			0	0	0	0	790	0	790
1271	Naomi Clague	f				0	0	0	0	0	790	790
1272	Ruth Owen-hughes	f	FV 50		789	0	0	0	0	0	0	789
1273	Dean Sharples	m	MV 40		0	0	789	0	0	0	0	789
1274	Mark Ewing	m		Penny lane striders	0	0	0	0	789	0	0	789
1275	Heather Boden	f				0	0	0	0	0	789	789
1276	Kathryn Brinkley	f			0	788	0	0	0	0	0	788
1277	David Smith	m	MV 60		0	0	0	0	788	0	0	788
1278	Jan-Friedrich Wulf	m	MV 50	Settle Harriers		0	0	0	0	788	0	788
1279	Helen McIntyre	f	FV 40			0	0	0	0	0	788	788
1280	Lesley Allison	f	FV 60	Eden Runners	0	787	0	0	0	0	0	787
1281	Sheona Lawrence	f			0	0	787	0	0	0	0	787
1282	Anthony Wilkinson	m	MV 60		0	0	0	787	0	0	0	787
1283	Andi Edge	m	MV 50	Wyre Triathlon	0	0	0	0	787	0	0	787
1284	Jeremy Dyke	m	MV 50			0	0	0	0	787	0	787
1285	Ian Wood	m	MV 50	4Zero / Wildsoles		0	0	0	0	0	787	787
1286	Jordan Rothery	m			0	0	0	786	0	0	0	786
1287	Rebecca Egerton	f				0	0	0	0	786	0	786
1288	Paul Shepherd	m	MV 50	City of Hull AC	785	0	0	0	0	0	0	785
1289	Elizabeth Bettley	f			0	785	0	0	0	0	0	785
1290	Alex Jirat	m			0	0	0	785	0	0	0	785
1291	Anne Cox	f	FV 60		0	0	0	0	0	784	0	784
1292	Pete Palmer	m	MV 50		784	0	0	0	0	0	0	784
1293	Grace Burgess	f			0	784	0	0	0	0	0	784
1294	Glyn Kilsby	m	MV 60	Dubai Creek Striders	0	0	0	0	784	0	0	784
1295	Luke Partridge	m	U21		0	0	783	0	0	0	0	783
1296	Alan Vicarage	m	MV 60	Derwent valley running club	0	0	0	783	0	0	0	783
1297	Glyn Jones	m	MV 50			0	0	0	0	783	0	783
1298	Joe Gargett	m			782	0	0	0	0	0	0	782
1299	Liz Thompson	f	FV 50			0	0	0	0	782	0	782
1300	David Burrows	m			781	0	0	0	0	0	0	781
1301	Nicola Halsall	f	FV 40	Burnden Road Runners	0	781	0	0	0	0	0	781
1302	Robbie Taylor	m	U25		0	0	781	0	0	0	0	781
1303	Nicholas Cox	m			0	0	0	781	0	0	0	781
1304	Ian Thompson	m	MV 50			0	0	0	0	781	0	781

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1305	Viv Samuelson	f	FV 40			0	0	0	0	0	781	781
1306	Glyn Williams	m	MV 50	Prestwich AC	0	0	0	0	0	780	0	780
1307	Peter Leach	m	MV 40		780	0	0	0	0	0	0	780
1308	Kathryn Baron	f	FV 50	Burnden Road Runners	0	780	0	0	0	0	0	780
1309	Shannan Craig	f		Border Reiver Runners	0	0	780	0	0	0	0	780
1310	Millie Trowsdale	f	U25		0	0	0	0	780	0	0	780
1311	Helen Kelly	f	FV 50			0	0	0	0	0	780	780
1312	Matthew Duckett	m			0	0	0	779	0	0	0	779
1313	Emily Heys	f	FV 40		779	0	0	0	0	0	0	779
1314	Emma Walker	f	FV 50	Burnden Road Runners	0	779	0	0	0	0	0	779
1315	Abbey Wilson	f		Yorkshire Wolds Runners		0	0	0	0	779	0	779
1316	Jenny Brown	f	FV 40			0	0	0	0	0	779	779
1317	Harriet Ducker	f			778	0	0	0	0	0	0	778
1318	Kay Pitchford	f	FV 60		0	778	0	0	0	0	0	778
1319	Sally Nutter	f	FV 50	Keswick AC	0	0	778	0	0	0	0	778
1320	Julian Egan	m	MV 50		0	0	0	778	0	0	0	778
1321	Emma Caunce	m			0	0	0	0	778	0	0	778
1322	Joanna Ledson	f				0	0	0	0	778	0	778
1323	Kirstie Harrison	f	FV 40			0	0	0	0	0	778	778
1324	Mark Salmon	m	MV 40		777	0	0	0	0	0	0	777
1325	Matthew Lewin	m			0	777	0	0	0	0	0	777
1326	Sara Heath	f			0	0	0	777	0	0	0	777
1327	Lee-Victoria Davies	f	FV 40	Southport Strollers	0	0	0	0	777	0	0	777
1328	Jo Rolls	f	FV 50	Keswick AC		0	0	0	0	777	0	777
1329	Suzanne Bremner	f	FV 40	These Girls Can Run		0	0	0	0	0	777	777
1330	Paul Watson	m	MV 50	Black trail runners	776	0	0	0	0	0	0	776
1331	Lucy Pickering	f			0	0	776	0	0	0	0	776
1332	Patrycja Respondek	f			0	0	0	776	0	0	0	776
1333	Susan Wilson	f	FV 60	These girls can run		0	0	0	0	0	776	776
1334	Gemma Skelton	f		MTJ	775	0	0	0	0	0	0	775
1335	Emma Atherton	f	FV 40		0	775	0	0	0	0	0	775
1336	Ash Loader	m	MV 40		0	0	775	0	0	0	0	775
1337	Lindsey Black	f	FV 40	Southport Strollers Running Club	0	0	0	0	775	0	0	775
1338	Jane Mellor	f	FV 40			0	0	0	0	775	0	775
1339	Jamie Rylance	m			774	0	0	0	0	0	0	774
1340	Jude Beckett	f	FV 40		0	0	774	0	0	0	0	774
1341	Rachel Grayson	f	FV 50	Quakers	0	0	0	0	774	0	0	774
1342	Paul Dye	m	MV 60	St Bees Triers	773	0	0	0	0	0	0	773
1343	Sarah BARTON	f	FV 40	Thornton-Cleveleys Running Club	0	0	773	0	0	0	0	773
1344	Hannah Greenwood	f			0	0	0	773	0	0	0	773
1345	Rebecca Hilton	f		St Bees Triers	0	0	772	0	0	0	0	772

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1346	Casey Rust	f	FV 40		0	772	0	0	0	0	0	772
1347	Robyn Hogg	f			0	0	0	772	0	0	0	772
1348	Elisabeth Zambo	f	FV 50		0	0	0	0	772	0	0	772
1349	Brodie Peers	m	MV 40			0	0	0	0	772	0	772
1350	Victoria Kibler	f	FV 50			0	0	0	0	0	772	772
1351	Sam Marine	f			771	0	0	0	0	0	0	771
1352	Graeme Tilbury	m	MV 40		0	771	0	0	0	0	0	771
1353	Phil Smith	m	MV 50		0	0	0	771	0	0	0	771
1354	Chris Watts	m	MV 40		0	0	0	0	771	0	0	771
1355	Sandra Robinson	f	FV 40	Manchester Ymca Harriers		0	0	0	0	0	771	771
1356	Sally Precious	f	FV 50	City of Hull	0	0	770	0	0	0	0	770
1357	Les Schmid	m	MV 70		0	0	0	770	0	0	0	770
1358	Lana Roy	f	FV 50			0	0	0	0	770	0	770
1359	Tyrone Mclvor	m	MV 40		0	769	0	0	0	0	0	769
1360	Katie O'sullivan	f	FV 40		0	0	0	769	0	0	0	769
1361	Martin Baker	m	MV 50	Lonely Goat	0	0	0	0	769	0	0	769
1362	Sara Wolstenholme	f	FV 50			0	0	0	0	769	0	769
1363	Debbie Worthington	f	FV 40	Ackworth Road Runners		0	0	0	0	0	769	769
1364	Kate Collier	f			0	0	768	0	0	0	0	768
1365	Charlotte Rawcliffe	f	FV 40	Penny Lane Striders	768	0	0	0	0	0	0	768
1366	Sue Mullock	f	FV 40		0	768	0	0	0	0	0	768
1367	Patricia Bacon	f	FV 70			0	0	0	0	0	768	768
1368	Kathryn Hamer	f			767	0	0	0	0	0	0	767
1369	Wendy Pratt	f	FV 40		0	767	0	0	0	0	0	767
1370	John Stout	m	MV 70		0	0	0	767	0	0	0	767
1371	Yvonne Collingham	f	FV 50	Durham Mums on the Run	0	0	0	0	767	0	0	767
1372	Katy Woodman	f	FV 40	Border Reiver Runners	0	766	0	0	0	0	0	766
1373	Andrea Donaldson	f	FV 40	St Bees Triers	0	0	0	766	0	0	0	766
1374	Sharon Cooper	f	FV 50	Wesham Road Runners	0	0	0	0	766	0	0	766
1375	Nigel Burkitt	m	MV 60			0	0	0	0	766	0	766
1376	Che McGarvey-Gill	f	FV 40	Lancaster and Morecambe Athletics Club	765	0	0	0	0	0	0	765
1377	Rick Hollingworth	m	MV 40	Plumstead Runners	0	0	765	0	0	0	0	765
1378	James Howe	m	U25		0	0	0	0	765	0	0	765
1379	Maxime Werckx	m				0	0	0	0	765	0	765
1380	Michael Taylor	m	MV 40	The Otters	0	764	0	0	0	0	0	764
1381	Leanne Batty	f	FV 40	Thornton-Cleveleys running club	0	0	764	0	0	0	0	764
1382	Rob England	m			0	0	0	764	0	0	0	764
1383	Amy Brinkman	f	U25		0	0	0	0	764	0	0	764
1384	Paul Elliott	m	MV 50	Meltham AC	763	0	0	0	0	0	0	763
1385	Mark Finn	m	MV 50		0	763	0	0	0	0	0	763
1386	Chris Caldwell	m			0	0	0	0	763	0	0	763

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1387	jane THOMAS	f				0	0	0	0	763	0	763
1388	Sally Nuttall	f			762	0	0	0	0	0	0	762
1389	Annie Willetts	f	FV 50		0	0	762	0	0	0	0	762
1390	Angela Shepherd	f	FV 60	Tadcaster Harriers	0	0	0	0	762	0	0	762
1391	Kim Ramshaw	f	FV 50	Eden Runners		0	0	0	0	762	0	762
1392	Chris Gumbley	m	MV 60		761	0	0	0	0	0	0	761
1393	Rob Huntbach	m	MV 60		0	0	0	761	0	0	0	761
1394	Jan Elkins	f	FV 60		0	0	0	0	761	0	0	761
1395	Jamie Southern	f				0	0	0	0	761	0	761
1396	Josh Willis	m	U21		760	0	0	0	0	0	0	760
1397	Sarah Calvert Calvert	f			0	0	760	0	0	0	0	760
1398	Louise Battey	f	FV 40			0	0	0	0	760	0	760
1399	Josephine Clare	f	FV 50		0	759	0	0	0	0	0	759
1400	Thomas Dean	m			0	0	759	0	0	0	0	759
1401	Alan bell	m	MV 40		0	0	0	759	0	0	0	759
1402	Caroline Greenen	f	FV 50	Sunnywood Ladies on Tour		0	0	0	0	759	0	759
1403	Maria Mccalmont	f	FV 60		0	758	0	0	0	0	0	758
1404	Elaine Miller	f	FV 50		0	0	758	0	0	0	0	758
1405	Kieran Murray	m			0	0	0	758	0	0	0	758
1406	Lisa Harrop	f	FV 50	Sunnywood Ladies On Tour		0	0	0	0	758	0	758
1407	Graeme Kite	m	MV 50	Wheathampstead Warriors	757	0	0	0	0	0	0	757
1408	Olly Stevens	m	U25		0	0	757	0	0	0	0	757
1409	David Holliday	m	MV 40	HH	0	0	0	757	0	0	0	757
1410	Emily Aldridge	f			756	0	0	0	0	0	0	756
1411	Daniel Howgate	m			0	0	0	756	0	0	0	756
1412	Josie Holding	f	U25		0	0	0	0	756	0	0	756
1413	Lucy Dunlop	f	FV 50	Tynedale Harriers		0	0	0	0	756	0	756
1414	Ross Aldridge	m	MV 40		755	0	0	0	0	0	0	755
1415	Clare Viney	f	FV 50		0	0	755	0	0	0	0	755
1416	Sarah Clarke	f	FV 40		0	0	0	755	0	0	0	755
1417	Rachel Johnson	f	U25		0	0	0	0	755	0	0	755
1418	David Fox	m	MV 50		754	0	0	0	0	0	0	754
1419	Marie Burton	f			0	754	0	0	0	0	0	754
1420	Katie Fyall	f			0	0	754	0	0	0	0	754
1421	Isadora Pizzo	f			0	0	0	0	754	0	0	754
1422	Lucy Vine	f	U21			0	0	0	0	754	0	754
1423	Freya Bird	f	U25		753	0	0	0	0	0	0	753
1424	Anthony fulop	m	MV 60	Burnden Road Runners	0	753	0	0	0	0	0	753
1425	Karen Ashcroft	f	FV 40		0	0	0	753	0	0	0	753
1426	Leanne Bluck	f	FV 40	Blackpool Wyre Fylde AC	0	0	0	0	753	0	0	753
1427	James Snutch	m	MV 40	Birstall Running Club		0	0	0	0	753	0	753

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1428	Christopher Roberts	m	MV 60	Black Combe Runners	0	0	752	0	0	0	0	752
1429	Jordan Wade	m			0	0	0	752	0	0	0	752
1430	Jim Byrne	m	MV 60		0	0	0	0	752	0	0	752
1431	Tom England	m				0	0	0	0	752	0	752
1432	Vicky Cooper	f	U25		751	0	0	0	0	0	0	751
1433	Paul Gardner	m	MV 50	Chorlton Runners	0	0	0	751	0	0	0	751
1434	Ali Cooper	f	FV 60	Kendal Tri Club	0	0	0	0	751	0	0	751
1435	Luke Harris	m				0	0	0	0	751	0	751
1436	Fran Connolly	f	FV 40	Blackpool Wyre & Fylde AC	750	0	0	0	0	0	0	750
1437	Caroline Thorpe	f	FV 50	Acre Street Runners	0	750	0	0	0	0	0	750
1438	Mark Ormerod	m	MV 60		0	0	0	750	0	0	0	750
1439	Paul Appelquist	m	MV 50		0	0	0	0	750	0	0	750
1440	Ben Melrose	m				0	0	0	0	750	0	750
1441	Lola Deady	f	U21		749	0	0	0	0	0	0	749
1442	Paul Cookson	m	MV 40		0	0	0	749	0	0	0	749
1443	Anna Fishpool	f	FV 50	Blackpool Freedome Runners		0	0	0	0	749	0	749
1444	Daryn Allinson	m			0	0	0	748	0	0	0	748
1445	Sophie Strelling	f			0	0	0	0	748	0	0	748
1446	Alistair Cropper	m	MV 60		747	0	0	0	0	0	0	747
1447	Patrycja Jaszek	f	FV 40		0	0	747	0	0	0	0	747
1448	Laura Wilson Bell	f			0	0	0	747	0	0	0	747
1449	Darren Stockdale	m	MV 40	Darlington Harriers	0	0	0	746	0	0	0	746
1450	Nicholas Barlow	m		4ZERO Run Club		0	0	0	0	746	0	746
1451	Matt Carter	m	MV 50		0	0	0	745	0	0	0	745
1452	Anthony Connolly	m	MV 40		744	0	0	0	0	0	0	744
1453	Steve Foreman	m	MV 50	Sedgefield Harriers	0	0	744	0	0	0	0	744
1454	Mark Harper	m	MV 50		0	0	0	744	0	0	0	744
1455	Isobel Hall	f	FV 50	Jogging Pals	0	0	0	0	744	0	0	744
1456	Peter Roberts	m	MV 50		743	0	0	0	0	0	0	743
1457	Kate Thompson	f	FV 40		0	0	743	0	0	0	0	743
1458	Jenny Smith	f			0	0	0	0	743	0	0	743
1459	Philip Clayton	m	MV 60	EPOTS	0	0	742	0	0	0	0	742
1460	Graham Read	m	MV 60		0	0	0	742	0	0	0	742
1461	Hannah Hayhurst	f			0	0	0	0	742	0	0	742
1462	Ella Wragg	f		NA		0	0	0	0	742	0	742
1463	Shane Lynas	m				0	0	0	0	741	0	741
1464	Tim LITTLECHILD	m	MV 40		0	0	740	0	0	0	0	740
1465	Joe Llewellyn	m	MV 40		0	0	0	740	0	0	0	740
1466	Robina Kane	f				0	0	0	0	740	0	740
1467	Julia Rushton	f	FV 60	Clayton le Moors Harriers	739	0	0	0	0	0	0	739
1468	Mark Fowell	m	MV 60	Rolls-Royce Harriers	0	0	739	0	0	0	0	739

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1469	FIONA MCKEAN	f	FV 50	eden runners	0	0	0	0	739	0	0	739
1470	George Woodfield	m				0	0	0	0	739	0	739
1471	Vin Caldwell	m	MV 60		0	0	0	0	738	0	0	738
1472	Chris Ledson	f	FV 50			0	0	0	0	738	0	738
1473	Jason Copp	m	MV 50		0	0	0	737	0	0	0	737
1474	John McConnell	m	MV 50			0	0	0	0	737	0	737
1475	Rachel Stevens	f	FV 40	Lostock AC	0	0	736	0	0	0	0	736
1476	Saran Jones	f	FV 60	West Lothian Triathlon Club	736	0	0	0	0	0	0	736
1477	Jack Pearce	m			0	0	0	0	736	0	0	736
1478	Ruth Howarth	f	FV 40		0	0	0	735	0	0	0	735
1479	Gregg Cropper	m	MV 40		0	0	0	0	735	0	0	735
1480	Lucy Moss	f				0	0	0	0	735	0	735
1481	Susan ROUTLEDGE	f	FV 40		0	0	734	0	0	0	0	734
1482	Curtis Radcliffe	m			0	0	0	734	0	0	0	734
1483	Sarah Bellew	f	FV 40		0	0	0	0	734	0	0	734
1484	Daniel Shercliff	m	MV 40		0	0	733	0	0	0	0	733
1485	Sarah Edwards	f	FV 50			0	0	0	733	0	0	733
1486	Claire Crewe	f		Eden Runners		0	0	0	0	733	0	733
1487	Rebecca Noblett	f	FV 50		0	0	732	0	0	0	0	732
1488	Susan Black	f	FV 50	Tynedale Harriers		0	0	0	0	732	0	732
1489	Fiona Headley	f	FV 60	Selby Striders		0	0	0	731	0	0	731
1490	Jo Hall	f	FV 50			0	0	0	0	731	0	731
1491	Helen Fairgrieve	f	FV 50			0	0	0	0	730	0	730
1492	Andrew Wright	m	MV 50		729	0	0	0	0	0	0	729
1493	Gayle Hanson-Jones	f	FV 50			0	0	0	0	729	0	729
1494	Nigel Dean	m	MV 50		728	0	0	0	0	0	0	728
1495	Stephen Buston	m	MV 50	Thornton Cleveleys Running Club	0	0	728	0	0	0	0	728
1496	Miguel Menes	m				0	0	0	0	728	0	728
1497	Dawn Lamb	f	FV 40	Muckle Toon Joggers	727	0	0	0	0	0	0	727
1498	Nic Edwards	f	FV 50	Hitchin Hares and Steeple Chasers (two teams!)		0	0	0	727	0	0	727
1499	Leonie Hayler	f	FV 50	Tynedale Harriers		0	0	0	0	727	0	727
1500	Laura Kirkham	f	FV 40	Riversway Road Runners	726	0	0	0	0	0	0	726
1501	Kevin Browne	m	MV 40			0	0	0	726	0	0	726
1502	Emma Wragg	f	FV 50			0	0	0	0	726	0	726
1503	Sam Livesey	f	FV 40		0	0	0	0	725	0	0	725
1504	Simon Jones	m	MV 50	Adderbury Running Club	0	0	725	0	0	0	0	725
1505	David Bishop	m	MV 60		0	0	0	725	0	0	0	725
1506	Simon King	m				0	0	0	0	725	0	725
1507	Bill Watts	m	MV 60	Riversway Road Runners	724	0	0	0	0	0	0	724
1508	Helen Halsall	f	FV 50		0	0	724	0	0	0	0	724
1509	Camilla Carruthers	f			0	0	0	724	0	0	0	724

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1551	Nick Winn	m		Selby striders	0	0	710	0	0	0	0	710
1552	Thomas Harkin	m	MV 40	Manchester Muckers RC	0	0	0	710	0	0	0	710
1553	Suzannah Dykes	f	FV 50	Formby Stormers		0	0	0	710	0	0	710
1554	Rose Egan	f	FV 60	Cheshire Hash House Harriers		0	0	0	0	710	0	710
1555	Miles Huppatz	m			709	0	0	0	0	0	0	709
1556	Jessica Jones	f		City of Hull	0	0	709	0	0	0	0	709
1557	Kurt Broadbent	m	MV 40			0	0	0	709	0	0	709
1558	Jessica Beattie	f	FV 40		0	0	708	0	0	0	0	708
1559	Patrick Loughlin	m				0	0	0	0	708	0	708
1560	Jessica Gittins	f	U21		707	0	0	0	0	0	0	707
1561	Rachel Flentje	f	FV 40		0	0	707	0	0	0	0	707
1562	Robert Peacock	m	MV 40	Derwent Valley RC	0	0	0	707	0	0	0	707
1563	Eve Frost	f				0	0	0	0	707	0	707
1564	Joe Wilcox	m			0	0	706	0	0	0	0	706
1565	Laura Peacock	f	FV 40	Derwent Valley Running Club	0	0	0	706	0	0	0	706
1566	Peter Wood	m	MV 60			0	0	0	706	0	0	706
1567	James Jardine	m	MV 40	Eden Runners	0	0	705	0	0	0	0	705
1568	Laura Porter	f	FV 40	Penny Lane Striders	0	0	0	705	0	0	0	705
1569	sonja Griffiths	f	FV 60	Gog Triathlon Club		0	0	0	705	0	0	705
1570	Ellaney Hayden	m		40% Club		0	0	0	0	705	0	705
1571	Helen Lawrence	f	FV 50	Eden runners	0	0	704	0	0	0	0	704
1572	Richard Pinches	m	MV 50	Blackpool Wyre And Fylde Ac		0	0	0	704	0	0	704
1573	Ruth Sibly	f		Headington Road Runners		0	0	0	0	704	0	704
1574	Cheryl Pace	f	FV 40	Penny Lane Striders	703	0	0	0	0	0	0	703
1575	Gabriella Corbridge	f	U25	Revolution Running	0	0	703	0	0	0	0	703
1576	Clare Molyneux	f	FV 50			0	0	0	703	0	0	703
1577	Dan Mitchell	m	MV 40	Elvet Striders	702	0	0	0	0	0	0	702
1578	Dawn Saunders	f	FV 50	TCRC	0	0	702	0	0	0	0	702
1579	Rachel Service	f			0	0	0	702	0	0	0	702
1580	Jan Davies	f	FV 60			0	0	0	702	0	0	702
1581	Ray Foulkes	m	MV 60	Redcar Running Club		0	0	0	0	702	0	702
1582	Oliver Taslic	m			701	0	0	0	0	0	0	701
1583	Christopher Bligh	m	MV 60	Thornton Cleveleys running club	0	0	701	0	0	0	0	701
1584	Rob Porter	m	MV 40		0	0	0	701	0	0	0	701
1585	Maria Martin	f	FV 60			0	0	0	701	0	0	701
1586	Georgios Argyropoulos	m	MV 50		700	0	0	0	0	0	0	700
1587	Allan Lytollis	m	MV 40		0	0	700	0	0	0	0	700
1588	Jason Clift-Jones	m				0	0	0	700	0	0	700
1589	Alex Meir	m	MV 40			0	0	0	0	700	0	700
1590	Faye Levi	f			699	0	0	0	0	0	0	699
1591	Mike Bremner	m	MV 40		0	0	699	0	0	0	0	699

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1592	Laura Sims	f	FV 50			0	0	0	699	0	0	699
1593	Robin Lee	m	MV 40			0	0	0	0	699	0	699
1594	Rukki Hammond	f	FV 50	Stainland Lions	698	0	0	0	0	0	0	698
1595	Elizabeth Lawrence	f	FV 40		0	0	698	0	0	0	0	698
1596	Jack Youngs	m	MV 60		0	0	0	698	0	0	0	698
1597	Debbie Scott	f	FV 60			0	0	0	698	0	0	698
1598	William Moscrop	m	MV 50			0	0	0	0	698	0	698
1599	Fiona Gutteridge	f	FV 40	Red Rose Road Runners	0	0	0	0	697	0	0	697
1600	Helen Hill	f	FV 40	Billingham Running Club	0	0	0	696	0	0	0	696
1601	Harry Gawler	m	MV 40		696	0	0	0	0	0	0	696
1602	Angela James	f	FV 50			0	0	0	696	0	0	696
1603	Jane Maloney	f	FV 60	Easingwold Running Club		0	0	0	0	696	0	696
1604	Rosie Spencer	f	U25		695	0	0	0	0	0	0	695
1605	Anna Sweet	f	FV 40			0	0	0	695	0	0	695
1606	Amanda Berry	f	FV 60	Red Rose Road Runners	0	0	0	0	694	0	0	694
1607	Holly Huddart	f			694	0	0	0	0	0	0	694
1608	Rachael Brown	f			693	0	0	0	0	0	0	693
1609	Guy Barker	m			692	0	0	0	0	0	0	692
1610	Joe Davies	m			0	0	0	692	0	0	0	692
1611	Maria Major	f	FV 40			0	0	0	692	0	0	692
1612	Steve Nelson	m	MV 60		691	0	0	0	0	0	0	691
1613	Kate Foster	f			0	0	691	0	0	0	0	691
1614	Katrina Gittins	f	FV 50	Yacyak	690	0	0	0	0	0	0	690
1615	Rosemary WEBSTER	f	FV 50	head torches	0	0	690	0	0	0	0	690
1616	Karen Wells	f	FV 40	Radcliffe AC	0	0	0	690	0	0	0	690
1617	Philippa Cook	f	FV 40			0	0	0	690	0	0	690
1618	Becky Plummer	f	U25			0	0	0	0	690	0	690
1619	Martyn Cottiss	m	MV 50	Ashington Hirst Running Club	0	0	689	0	0	0	0	689
1620	Jules Davies	m	MV 50		0	0	0	689	0	0	0	689
1621	Adam Stafford	m	MV 40		688	0	0	0	0	0	0	688
1622	Lisa Kallal	f	FV 50		0	0	688	0	0	0	0	688
1623	Ellie Murray	f	U25			0	0	0	0	688	0	688
1624	Emily Hudson	f	FV 40		687	0	0	0	0	0	0	687
1625	Rebecca Steven	f		St Bees Triers	0	0	687	0	0	0	0	687
1626	Nick Harries	m	MV 60		0	0	0	687	0	0	0	687
1627	Ben Brock	m	U25			0	0	0	0	687	0	687
1628	Ricardo Gomez	m			686	0	0	0	0	0	0	686
1629	Jessica Harries	f			0	0	0	686	0	0	0	686
1630	Geraldine O'Grady-Thomas	f	FV 50	Pennine fell runners		0	0	0	0	686	0	686
1631	Nick Whitehead	m	MV 60	Alton Runners	0	0	685	0	0	0	0	685
1632	Ian Midgley	m	MV 50			0	0	0	0	685	0	685

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1633	Carol Green	f		Northowram pumas	684	0	0	0	0	0	0	684
1634	Joanne Ryan	f	FV 50	Alton Runners	0	0	684	0	0	0	0	684
1635	Caroline Johnson	f	FV 50		0	0	0	684	0	0	0	684
1636	Stephanie Caldwell	f	FV 70	Prestwich Athletic Club		0	0	0	684	0	0	684
1637	Diane Wright	f	FV 50	Calder Valley Fell Runners		0	0	0	0	684	0	684
1638	Becky Ripley	f			683	0	0	0	0	0	0	683
1639	Rachael Holloway	f			0	0	0	683	0	0	0	683
1640	Caroline Johnston	f	FV 50	Prestwich Athletic Club		0	0	0	683	0	0	683
1641	Jayne Taylor	f			682	0	0	0	0	0	0	682
1642	Magdalena Wisniewska	f	FV 40		0	0	0	682	0	0	0	682
1643	Linzi Lloyd-Henry	f	FV 60	Prestwich AC		0	0	0	682	0	0	682
1644	Rachel Heathcote	f	FV 40	Hunters Bog Trotters	681	0	0	0	0	0	0	681
1645	Dave Thompson	m	MV 60		0	0	0	681	0	0	0	681
1646	Louisa Porter	f	FV 50	Blackpool Freedom Runners		0	0	0	0	681	0	681
1647	Sally Lambert	f	FV 60	Wray Runners	680	0	0	0	0	0	0	680
1648	Steven Mcgregor	m	MV 40		0	0	680	0	0	0	0	680
1649	John Fowles	m			0	0	0	680	0	0	0	680
1650	John Dunn	m	MV 40	Blackpool Wyre & Fylde Athletic Club		0	0	0	680	0	0	680
1651	Collette Eames	f	FV 60	JogOnTheTYne		0	0	0	0	680	0	680
1652	Molly Garner	f			0	0	0	679	0	0	0	679
1653	Yiesha Peng	f				0	0	0	679	0	0	679
1654	Fiona O'brien	f	FV 50	Jog On The Tyne		0	0	0	0	679	0	679
1655	Chris Lang	m	MV 40		678	0	0	0	0	0	0	678
1656	Vicky Willett	f	FV 40	Sbc Plodders	0	0	678	0	0	0	0	678
1657	Mike Swift	m	MV 60		0	0	0	678	0	0	0	678
1658	Anthony Young	m				0	0	0	0	678	0	678
1659	Denise Irving-lang	f	FV 40	Run the World Manchester	677	0	0	0	0	0	0	677
1660	Caroline Cotterell	f	FV 50	The Coffin Dodgers	0	0	677	0	0	0	0	677
1661	Paul Kidd	m	MV 50		0	0	0	677	0	0	0	677
1662	Wendy Birkett	f	FV 60	Ambleside Athletic Club		0	0	0	0	677	0	677
1663	Olga James	f	FV 40		676	0	0	0	0	0	0	676
1664	Nick Holliday	m	MV 60	The Coffin Dodgers	0	0	676	0	0	0	0	676
1665	Matthew Burrows	m	MV 40			0	0	0	0	676	0	676
1666	Katherine Faudemer	f			675	0	0	0	0	0	0	675
1667	Jennie Eklund	f			0	0	675	0	0	0	0	675
1668	Emma Cousins	f				0	0	0	0	675	0	675
1669	Claire Penhallurick	f	FV 40	Lonely Goat Running Club	0	0	674	0	0	0	0	674
1670	Martina Trapani	f				0	0	0	0	674	0	674
1671	Claire Hall	f	FV 40	Na	673	0	0	0	0	0	0	673
1672	Ellie Davies	f	FV 40		0	0	0	673	0	0	0	673
1673	Jenni Burrows	f				0	0	0	0	673	0	673

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1674	Natalie C Hodson	f		York Postal Harriers	0	0	0	672	0	0	0	672
1675	Kim Bennett	f	FV 50		671	0	0	0	0	0	0	671
1676	Lucy Cleworth	f	FV 40		0	0	0	671	0	0	0	671
1677	Ciara Harper	f	U21	Yorkshire Wilds Runners		0	0	0	0	671	0	671
1678	Andrew JOHNSON	m	MV 40		0	0	670	0	0	0	0	670
1679	Barry Green	m	MV 60	None	0	0	0	670	0	0	0	670
1680	isabel whybrow huppatz	f			669	0	0	0	0	0	0	669
1681	Niki Roberts	f	FV 40		0	0	669	0	0	0	0	669
1682	Ewan Copp	m	U21		0	0	0	669	0	0	0	669
1683	Peter Wallwork	m	MV 40			0	0	0	0	669	0	669
1684	Simone Connor	f	FV 50	Dalbeattie Running Club	0	0	668	0	0	0	0	668
1685	Colleen Haslam	f	FV 50		0	0	0	668	0	0	0	668
1686	Karyn Harper	f	FV 50	Yorkshire Wolds Runnera		0	0	0	0	668	0	668
1687	Kelly Savage	f	FV 50	Prestwich Athletics Club	667	0	0	0	0	0	0	667
1688	Kirk Connor	m	MV 50		0	0	667	0	0	0	0	667
1689	Helen Marsland	f			0	0	0	667	0	0	0	667
1690	Susan Redfern	f	FV 50		666	0	0	0	0	0	0	666
1691	Donna Wood	f	FV 40	Milltown Milers	665	0	0	0	0	0	0	665
1692	NATHAN PARSONS	m	U21	TOTAL TRANSITION TRIATHLON CLUB	0	0	665	0	0	0	0	665
1693	Geb Hewlett	m	MV 40			0	0	0	0	665	0	665
1694	Laura Keefe	f			0	0	0	664	0	0	0	664
1695	Hilary Burkitt	f	FV 70	Caistor rc		0	0	0	0	664	0	664
1696	Sarah Lord	f	FV 50	DH Runners	663	0	0	0	0	0	0	663
1697	Darryl Whitehead	m	MV 60		0	0	0	663	0	0	0	663
1698	Harriet Burkitt	f				0	0	0	0	663	0	663
1699	Michael Shaw	m	MV 40		662	0	0	0	0	0	0	662
1700	Lorraine Birnie	f	FV 50		0	0	0	662	0	0	0	662
1701	JACK MOSS	m	U21	TOTAL TRANSITION TRIATHLON CLUB	0	0	661	0	0	0	0	661
1702	Baljit Dhanda	m	MV 60	Ealing Eagles	0	0	0	661	0	0	0	661
1703	Rebecca Simmons	f				0	0	0	0	661	0	661
1704	Reece Macdonald	m			0	0	660	0	0	0	0	660
1705	Tracey Long	f	FV 50		0	0	0	660	0	0	0	660
1706	Millie Atkinson	f	U25			0	0	0	0	660	0	660
1707	Lenka Hranaiova	f			0	0	0	659	0	0	0	659
1708	Suzanne Valentine	f	FV 40		658	0	0	0	0	0	0	658
1709	Neil Martin	m			0	0	658	0	0	0	0	658
1710	Alex Trowsdale	m	U25			0	0	0	0	658	0	658
1711	Chris Wilson	m	MV 60		657	0	0	0	0	0	0	657
1712	Kay Shaw	f	FV 50		0	0	0	656	0	0	0	656
1713	Karen Sharpe	f	FV 60	Eden Runners		0	0	0	0	656	0	656
1714	kate limbert	f	FV 40		655	0	0	0	0	0	0	655

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1715	Victoria Bolton	f	FV 40		0	0	655	0	0	0	0	655
1716	Kim Firstbrook	f	FV 60			0	0	0	0	655	0	655
1717	Ravi Trivedi	m			654	0	0	0	0	0	0	654
1718	Alison Mayor	f	FV 40		0	0	0	654	0	0	0	654
1719	Isobel Williamson	f	FV 70			0	0	0	0	654	0	654
1720	Emma Teggart	f	FV 40	Lonely goat		0	0	0	0	653	0	653
1721	Kirsty Hope	f			0	0	652	0	0	0	0	652
1722	Rosie Hayward	f	FV 40		0	0	0	652	0	0	0	652
1723	Kathryn Pearson	f	FV 50	Astley & Tyldesley Road Runners	0	0	651	0	0	0	0	651
1724	Sadie Dyson	f	FV 40		0	0	0	651	0	0	0	651
1725	Gareth Rickerby	m	MV 40	Invictus Triathlon Club		0	0	0	0	651	0	651
1726	Gill Morgan	f	FV 50	A&T running club	0	0	650	0	0	0	0	650
1727	Claire Kirk	f	FV 40	Invictus Triathlon Club		0	0	0	0	650	0	650
1728	Laura Fiddes-Baron	f			649	0	0	0	0	0	0	649
1729	Sarah Tock	f	FV 50	City Of Hull Ac	0	0	649	0	0	0	0	649
1730	Jason Feavers	m	MV 50		0	0	0	649	0	0	0	649
1731	Jo Critchley	f	FV 50	Sunnywood ladies on tour		0	0	0	0	649	0	649
1732	Andy Skelhorn	m	MV 60	Bollington Harriers	648	0	0	0	0	0	0	648
1733	Ivor Roberts	m	MV 80	Beverley Ac	0	0	648	0	0	0	0	648
1734	Diana Griffiths	f		St Bees Triers	0	0	0	648	0	0	0	648
1735	Christine Teller	f	FV 60			0	0	0	0	648	0	648
1736	Susanna Sewell	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	647	0	647
1737	CATHERINE Ohara	f	FV 50		0	0	647	0	0	0	0	647
1738	Paul Denyer	m	MV 50	St Bees Triers	0	0	0	647	0	0	0	647
1739	Richard Mckenna	m	MV 40		0	0	0	646	0	0	0	646
1740	Lynn Swift	f		Sunnywood ladies on tour		0	0	0	0	646	0	646
1741	Alasdair Roxburgh	m		Skelmersdale Boundary Harriers		0	0	0	0	645	0	645
1742	Matthew Mchugh	m			644	0	0	0	0	0	0	644
1743	Paul Spink	m	MV 40		0	0	0	644	0	0	0	644
1744	Lisa Moizer	f	FV 40			0	0	0	0	643	0	643
1745	Hannah Marshall	f	FV 40	Birtley AC	642	0	0	0	0	0	0	642
1746	Scott Burrow	m	MV 50		0	0	0	642	0	0	0	642
1747	Paul Lawton	m	MV 50		641	0	0	0	0	0	0	641
1748	Paul Haydon	m	MV 50	F.r.a.	0	0	0	641	0	0	0	641
1749	Lucy Lodge	f				0	0	0	0	641	0	641
1750	Liz Russell	f			640	0	0	0	0	0	0	640
1751	Hannah Crossley	f	FV 40		0	0	0	640	0	0	0	640
1752	Charles Rowell	m				0	0	0	0	640	0	640
1753	Kayleigh Sherwin	f			0	0	0	639	0	0	0	639
1754	Alex Abbott	f	FV 40			0	0	0	0	639	0	639
1755	Maggie Slamin	f	FV 60	Burnden Road Runners	0	0	0	638	0	0	0	638

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1756	Jane Hornby	f	FV 40	Yorkshire Wolds Runners		0	0	0	0	638	0	638
1757	Mark Mulgrave	m	MV 40		636	0	0	0	0	0	0	636
1758	Christine Rostron	f	FV 60	Red Rose Road Runners	0	0	0	636	0	0	0	636
1759	Penny Coulthard	f	FV 50	Ilkley Harriers		0	0	0	0	636	0	636
1760	Liz Campbell	f	FV 60		635	0	0	0	0	0	0	635
1761	Gareth Pennell	m	MV 60		0	0	0	635	0	0	0	635
1762	David Evans	m	MV 50		634	0	0	0	0	0	0	634
1763	Sarah Smith	f		Coxhoe on the Run	0	0	0	634	0	0	0	634
1764	Robert Gould	m	MV 80	Na		0	0	0	0	634	0	634
1765	Graham Collins	m	MV 60	Milltown Milers	633	0	0	0	0	0	0	633
1766	Helen Schofield	f	FV 40	Stamford Striders		0	0	0	0	633	0	633
1767	Calum Willmott	m			632	0	0	0	0	0	0	632
1768	Ian Maddrell	m	MV 40	Atherton Running Club	0	0	0	632	0	0	0	632
1769	Charlotte Warden	f	FV 40			0	0	0	0	632	0	632
1770	Roy Thickett	m	MV 50		0	0	0	631	0	0	0	631
1771	Cameron O'Connor	f	U25			0	0	0	0	631	0	631
1772	Emily Bird	f	FV 40	Roberttown Roadrunners	630	0	0	0	0	0	0	630
1773	John Beedles	m	MV 40		0	0	0	630	0	0	0	630
1774	Grace Sheridan	f	U25			0	0	0	0	630	0	630
1775	Sally Anne Speight	f	FV 50	Roberttown Road Runners	629	0	0	0	0	0	0	629
1776	Sarah Ferguson	f	FV 40		0	0	0	629	0	0	0	629
1777	Laura Cooper	f			0	0	0	628	0	0	0	628
1778	Rachael Price	f	FV 40			0	0	0	0	628	0	628
1779	Joe Brown	m	MV 40		627	0	0	0	0	0	0	627
1780	Kevin Brocklebank	m	MV 50			0	0	0	0	627	0	627
1781	Sarah Connors	f	FV 50	Knowle & Dorrige Running Club	626	0	0	0	0	0	0	626
1782	Margaret MacDonald	f	FV 60	Morpeth Harriers	0	0	0	626	0	0	0	626
1783	Andrew Connor	m	MV 60	Ambleside	625	0	0	0	0	0	0	625
1784	Lewis Stokes	m	MV 40		0	0	0	625	0	0	0	625
1785	Lucy Sill	f			0	0	0	624	0	0	0	624
1786	Debbie Whitehead	f	FV 60	Alton Runners		0	0	0	0	624	0	624
1787	Rachel Bevan	f		Bogdan Bombers	623	0	0	0	0	0	0	623
1788	Helyn McConnell	f	FV 50	SE Fitness		0	0	0	0	623	0	623
1789	Richard Toller	m	MV 60	Dundee Road Runners Ac	622	0	0	0	0	0	0	622
1790	Lorna Spalding	f	FV 40			0	0	0	0	622	0	622
1791	Anna Warner	f				0	0	0	0	621	0	621
1792	Lynne Terry	f	FV 50			0	0	0	0	620	0	620
1793	Amy Long	f	U25		0	0	0	619	0	0	0	619
1794	Nicola Brown	f	FV 40		0	0	0	0	0	619	0	619
1795	Tim Long	m	MV 50		0	0	0	618	0	0	0	618
1796	Louise Liddle	f	FV 40	Derwent Valley Runners	618	0	0	0	0	0	0	618

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1797	Natali Harper	f	FV 40		0	0	0	616	0	0	0	616
1798	Elizabeth Hugill	f			615	0	0	0	0	0	0	615
1799	Michael Lu	m			0	0	0	615	0	0	0	615
1800	Rochelle Willan	f		Red Rose Road Runners	0	0	0	614	0	0	0	614
1801	thomas brocklebank	m	MV 50	Millom striders	614	0	0	0	0	0	0	614
1802	Cat Mchugh	f	FV 40		613	0	0	0	0	0	0	613
1803	Laura Hastings	f		Hyde Park Harriers	0	0	0	613	0	0	0	613
1804	Rachel Hickman	f			0	0	0	612	0	0	0	612
1805	Annmarie Taylor	f	FV 40		612	0	0	0	0	0	0	612
1806	Emma Harris	f	FV 40			0	0	0	0	612	0	612
1807	Daniel Gaukrodger	m			611	0	0	0	0	0	0	611
1808	Paul Regan	m	MV 50	** Heart Attack Survivor and will never give u	0	0	0	611	0	0	0	611
1809	Elizabeth Thornton	f				0	0	0	0	611	0	611
1810	Lynda Davenport	f	FV 40			0	0	0	0	610	0	610
1811	Jane Disney	f	FV 50		609	0	0	0	0	0	0	609
1812	Sian Hacker	f	FV 40			0	0	0	0	609	0	609
1813	Jane Taylor	f	FV 40		608	0	0	0	0	0	0	608
1814	Julia Rothwell	f	FV 50			0	0	0	0	608	0	608
1815	Austin Heath	m	MV 50	Slow A/F Run Club	607	0	0	0	0	0	0	607
1816	Caroline Rush	f	FV 50	Ealing Eagles Running Club	0	0	0	607	0	0	0	607
1817	Nick Ellmore	m				0	0	0	0	607	0	607
1818	Lucy Owen	f			606	0	0	0	0	0	0	606
1819	Jo Ellmore	f				0	0	0	0	606	0	606
1820	Sandra Hutchinson	f	FV 50		605	0	0	0	0	0	0	605
1821	Claire Bain	f	FV 40	Red rose road runners	0	0	0	605	0	0	0	605
1822	Cerys Hanson-Jones	f	U25			0	0	0	0	605	0	605
1823	Jacqueline Blight	f	FV 60		0	0	0	604	0	0	0	604
1824	Isla Rush	f			603	0	0	0	0	0	0	603
1825	Claire Pratt	f	FV 50		0	0	0	603	0	0	0	603
1826	Kathryn Greenlees	f	FV 40			0	0	0	0	603	0	603
1827	Chrissie Lawson	f			0	0	0	602	0	0	0	602
1828	Maria Gomez	f	U21			0	0	0	0	602	0	602
1829	Louise McKimm	f			601	0	0	0	0	0	0	601
1830	Clarissa Hocking	f			0	0	0	601	0	0	0	601
1831	Rona Ricioppo	f	FV 60	Sunnywood Project		0	0	0	0	601	0	601
1832	David Lockwood	m	MV 50		600	0	0	0	0	0	0	600
1833	Kim Roberts	f	FV 40		0	0	0	600	0	0	0	600
1834	emily martin	f	FV 40			0	0	0	0	600	0	600
1835	Jill Robertson	f	FV 50		0	0	0	599	0	0	0	599
1836	Emily Alston	f	FV 40	Hook Norton Harriers		0	0	0	0	599	0	599
1837	Ruth Venables	f			0	0	0	598	0	0	0	598

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1838	Gillian Roberts	f			597	0	0	0	0	0	0	597
1839	Jen Shepherd	f	FV 50		0	0	0	597	0	0	0	597
1840	Hannah Shore	f			0	0	0	596	0	0	0	596
1841	Steve Longney	m	MV 50	Yorkshire Wolds Runners		0	0	0	0	596	0	596
1842	Ellie Russell	f			0	0	0	595	0	0	0	595
1843	Lorie Hanson	f	FV 40		594	0	0	0	0	0	0	594
1844	Jessica Brewer	f	U25		0	0	0	594	0	0	0	594
1845	Luke Whitfield	m				0	0	0	0	594	0	594
1846	Mandy Burton	f	FV 60	Loftus & Whitby	0	0	0	0	0	593	0	593
1847	Andrew Green	m	MV 40	York Acorn	0	0	0	593	0	0	0	593
1848	Pauline Irving	f	FV 50	Muckle Toon Joggers	592	0	0	0	0	0	0	592
1849	Sarah Dhanda	f	FV 60		0	0	0	592	0	0	0	592
1850	Lorna Mundy	f	FV 40			0	0	0	0	592	0	592
1851	Lynne Aitken	f	FV 40	Muckletoon Joggers	591	0	0	0	0	0	0	591
1852	Claire Green	f	FV 40		0	0	0	590	0	0	0	590
1853	John Cleworth	m	MV 40		0	0	0	589	0	0	0	589
1854	Jo Maher	f	FV 50			0	0	0	0	589	0	589
1855	Chris Gamble	m	MV 50		587	0	0	0	0	0	0	587
1856	Sonja Farish	f	FV 50	Parkside panthers	0	0	0	587	0	0	0	587
1857	David Rand	m	MV 40	Penny Lane Striders		0	0	0	0	587	0	587
1858	Aimee Taylor	f				0	0	0	0	586	0	586
1859	Laura Pilkington	f				0	0	0	0	585	0	585
1860	Tony Pilkington	m	MV 60	PENWORTHAM PANTHERS		0	0	0	0	584	0	584
1861	Laurey Inniss	f	FV 40		0	0	0	583	0	0	0	583
1862	Suzy Vine	f	FV 50			0	0	0	0	583	0	583
1863	Nick Vine	m	MV 50			0	0	0	0	582	0	582
1864	Diane Cawley	f	FV 40		581	0	0	0	0	0	0	581
1865	Reece Watson	m			580	0	0	0	0	0	0	580
1866	Rachel Armer	f				0	0	0	0	580	0	580
1867	Andrew Cook	m	MV 60		0	0	0	578	0	0	0	578
1868	Elsbeth Peddie	f	FV 50			0	0	0	0	578	0	578
1869	Alice Heywood	f	FV 40		577	0	0	0	0	0	0	577
1870	Emma Richardson	f	U25		0	0	0	577	0	0	0	577
1871	Joanne Lally	f	FV 50	Jog on the Tyne		0	0	0	0	577	0	577
1872	Anneke Cook	f	FV 50	Wymondham Athletic Club	0	0	0	576	0	0	0	576
1873	Amy Smithson	f				0	0	0	0	575	0	575
1874	Ann Luckcock	f	FV 60	Bramhall Runners	574	0	0	0	0	0	0	574
1875	Andrew Gibson	m	MV 50		0	0	0	573	0	0	0	573
1876	Gary Morton	m			573	0	0	0	0	0	0	573
1877	James Bland	m			572	0	0	0	0	0	0	572
1878	Kim Sugden	f	FV 40		0	0	0	572	0	0	0	572

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1879	Emma Gardner	f			571	0	0	0	0	0	0	571
1880	Giseffemae Hackney	f			0	0	0	571	0	0	0	571
1881	Louise Shield	f	FV 40	Sunnywood Ladies on Tour		0	0	0	0	571	0	571
1882	Gill Mason	f	FV 60		570	0	0	0	0	0	0	570
1883	Laura Aiken	f		Radcliffe athletics club		0	0	0	0	570	0	570
1884	Carol Forster	f	FV 50		0	0	0	569	0	0	0	569
1885	Vanessa Brierley	f	FV 50	Individual	569	0	0	0	0	0	0	569
1886	David Middlebrough	m	MV 50	Me	568	0	0	0	0	0	0	568
1887	Paul Brogden	m	MV 50		0	0	0	568	0	0	0	568
1888	Nic Dixon	f	FV 50			0	0	0	0	568	0	568
1889	Margaret Gwilliam	f	FV 40	Freck and Warton	0	0	0	567	0	0	0	567
1890	Ursula Macfarlane	f	FV 40			0	0	0	0	567	0	567
1891	Jude Hayward	f	FV 40		0	0	0	566	0	0	0	566
1892	Alison Barnes	f	FV 50	Women on the Run - Kendal		0	0	0	0	566	0	566
1893	Beth Billington	f	FV 40			0	0	0	0	565	0	565
1894	linda McGinley	f	FV 60	eden runners	0	0	0	564	0	0	0	564
1895	Sean Mcgleenan	m	MV 60	Dumfries Running Club		0	0	0	0	564	0	564
1896	Mari Lewis	f	FV 50	Southport Strollers	563	0	0	0	0	0	0	563
1897	Wendy Mcginley	f	FV 40		0	0	0	563	0	0	0	563
1898	Rachael Raw	f				0	0	0	0	563	0	563
1899	Tom Wynne	m			562	0	0	0	0	0	0	562
1900	Simon Wong	m				0	0	0	0	561	0	561
1901	Denise Gregory	f	FV 50	Bramhall runners	560	0	0	0	0	0	0	560
1902	John Harrington	m				0	0	0	0	560	0	560
1903	Marie Guttridge	f	FV 40			0	0	0	0	559	0	559
1904	David Dufton	m			558	0	0	0	0	0	0	558
1905	Clare Riley	f	FV 50	Sunnywood Ladies on tour		0	0	0	0	558	0	558
1906	Jo Oliver	f	FV 50	Sunnywood Ladies on Tour		0	0	0	0	557	0	557
1907	Laura Hampshaw	f	FV 40		556	0	0	0	0	0	0	556
1908	Fiona Wilson	f	FV 50		555	0	0	0	0	0	0	555
1909	John Harris	m	MV 40			0	0	0	0	555	0	555
1910	Lisa Edwards	f	FV 40		554	0	0	0	0	0	0	554
1911	Helen O'Donnell	f				0	0	0	0	554	0	554
1912	Sam Blackburn	m	MV 40	Mornington Chasers	553	0	0	0	0	0	0	553
1913	Kathryn Tranter	f				0	0	0	0	553	0	553
1914	Jess Swire	f			552	0	0	0	0	0	0	552
1915	Jefferson Green	m	MV 40			0	0	0	0	552	0	552
1916	Joanne Stephenson	f	FV 50	Marple Runners	551	0	0	0	0	0	0	551
1917	Lucy Owens	f	FV 40	Stockton Striders		0	0	0	0	551	0	551
1918	Melanie Commins	f	FV 50		550	0	0	0	0	0	0	550
1919	Sophie Owens	f	FV 40	Stockton Striders		0	0	0	0	550	0	550

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1920	Julia Thornley	f	FV 50	Sunnywood Crazy Trail Girls		0	0	0	0	549	0	549
1921	sacha roy	f	FV 40	Sunnywood Ladies On Tour		0	0	0	0	548	0	548
1922	Laura Tracey	f	FV 40	Sunnywood Ladies on Tour	0	0	0	0	0	547	0	547
1923	Catherine Clennett	f	FV 50		547	0	0	0	0	0	0	547
1924	Tara Oxley	f	FV 40		546	0	0	0	0	0	0	546
1925	Tina Gee	f	FV 60			0	0	0	0	546	0	546
1926	Joanna Ridley	f	FV 50		545	0	0	0	0	0	0	545
1927	Nik Ansell	m	MV 40		544	0	0	0	0	0	0	544
1928	Louise Rooney	f	FV 60			0	0	0	0	544	0	544
1929	lees Johnson	m	MV 50	billinge running club	543	0	0	0	0	0	0	543
1930	Teresa Palmer	f	FV 50	Birtley Athletics		0	0	0	0	543	0	543
1931	Amanda Peplow	f	FV 50	Sunnywood Ladies on Tour	0	0	0	0	0	542	0	542
1932	Chris Bunker	m	MV 40	Carlisle Tri Club	542	0	0	0	0	0	0	542
1933	Samantha Akik	f	FV 50	Sunnywood Ladies on Tour		0	0	0	0	541	0	541
1934	Peter Duffy	m	MV 60		540	0	0	0	0	0	0	540
1935	Helen E Eddie	f	FV 40	Macclesfield Harriers		0	0	0	0	540	0	540
1936	Laura Maguire	f			539	0	0	0	0	0	0	539
1937	Catherine Wernham	f	FV 60			0	0	0	0	539	0	539
1938	Ben Wallace	m			538	0	0	0	0	0	0	538
1939	Helen Lyon	f			537	0	0	0	0	0	0	537
1940	Joanne Slinger	f	FV 40		536	0	0	0	0	0	0	536
1941	Rhian Broomhead	f	FV 40		535	0	0	0	0	0	0	535
1942	Jen Husdan	f	FV 40		534	0	0	0	0	0	0	534
1943	Pauline Boardman	f	FV 40		532	0	0	0	0	0	0	532
1944	Cath Dyson	f	FV 40	West Hull Ladies		0	0	0	0	532	0	532
1945	Alison Atherton	f	FV 50		531	0	0	0	0	0	0	531
1946	Lesley Talbot	f	FV 50	Body Fit Cumbria	530	0	0	0	0	0	0	530
1947	Angela Pollitzer	f	FV 70	Hampstead Heath Parkrun		0	0	0	0	529	0	529
1948	Jenny Woodhams	f	FV 40	Sunnywood Ladies on Tour		0	0	0	0	528	0	528
1949	Rachel Latham	f	FV 40		527	0	0	0	0	0	0	527
1950	Emma Taylor	f	FV 40	Sunnywood Ladies on Tour		0	0	0	0	527	0	527
1951	Michelle Watt	f	FV 50		526	0	0	0	0	0	0	526
1952	Elizabeth Partington	f	FV 50	Sunnywood Ladies on Tour		0	0	0	0	526	0	526
1953	Mckaye Barnes	m			525	0	0	0	0	0	0	525
1954	Rachel Scholes	f				0	0	0	0	525	0	525
1955	Louis Barnes	m			524	0	0	0	0	0	0	524
1956	Chris Westwell	m	MV 40			0	0	0	0	524	0	524
1957	Anne Stockley	f	FV 40	Keswick AC	523	0	0	0	0	0	0	523
1958	Clare Westwell	f	FV 40			0	0	0	0	523	0	523
1959	Annette Wilson	f	FV 50			0	0	0	0	522	0	522
1960	Ricky Wilson	m	MV 50			0	0	0	0	521	0	521

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
1961	Danilo Trozzi	m	MV 50		519	0	0	0	0	0	0	519
1962	Rose Proudfoot	f			514	0	0	0	0	0	0	514
1963	Mr Tom Mitchell	m		tri central		0	0	0	0	514	0	514
1964	Alex Carey	m			513	0	0	0	0	0	0	513
1965	JACQUELINE JANE TURNBULL	f	FV 50			0	0	0	0	513	0	513
1966	Judith Weston	f	FV 50	Billingham Running Club	512	0	0	0	0	0	0	512
1967	Julie Heyes	f	FV 60			0	0	0	0	512	0	512
1968	Steven Heyes	m	MV 60			0	0	0	0	511	0	511
1969	Andy Hayes	m	MV 50		510	0	0	0	0	0	0	510
1970	Andy Dickson	m	MV 60	Dumfries Running Club	509	0	0	0	0	0	0	509
1971	Samantha Jackson	f	FV 50			0	0	0	0	509	0	509
1972	Yeolande Davies	f	FV 60	Dumfries Running Club	508	0	0	0	0	0	0	508
1973	Sarah Jackson	f	FV 50	Kendal AAC		0	0	0	0	508	0	508
1974	Laura Broatch	f	FV 40	Dumfries Running Club	507	0	0	0	0	0	0	507
1975	Nicola Edson	f	FV 50	Her Spirit	506	0	0	0	0	0	0	506
1976	Ian Millar	m	MV 40		505	0	0	0	0	0	0	505
1977	Gary Millar	m	MV 40		504	0	0	0	0	0	0	504
1978	Sandra Allan	f	FV 60	Fellside Ladies	501	0	0	0	0	0	0	501
1979	Scott Bartlett	m	MV 50	Bexley Ac	499	0	0	0	0	0	0	499
1980	Maree Barugh	f	FV 40		498	0	0	0	0	0	0	498
1981	Adam Turner	m			497	0	0	0	0	0	0	497
1982	Caroline Vitty	f	FV 60		494	0	0	0	0	0	0	494
1983	Cynthia Carter	f	FV 70	Crosby Stormers	493	0	0	0	0	0	0	493
1984	Deirdre Dobson	f	FV 50		492	0	0	0	0	0	0	492
1985	Catherine Humphreys	f	FV 50		491	0	0	0	0	0	0	491
1986	Isla Tomlinson	f	U21		490	0	0	0	0	0	0	490
1987	Florence Park	f	U25		489	0	0	0	0	0	0	489
1988	Talitha Tomlinson	f	U25		488	0	0	0	0	0	0	488
1989	Emily Tate	f			487	0	0	0	0	0	0	487
1990	Steve Webster	m	MV 60		486	0	0	0	0	0	0	486
1991	Angela Nicholson	f	FV 50		485	0	0	0	0	0	0	485
1992	Gabrielle Wenham	f	FV 40	Parbold Pink Panthers	484	0	0	0	0	0	0	484
1993	Anneke Hackenbroich	f	FV 40		481	0	0	0	0	0	0	481
1994	Anne Oxbridge	f	FV 40	Penny Lane Striders	480	0	0	0	0	0	0	480
1995	Em Yolland	f			478	0	0	0	0	0	0	478
1996	Dave Cope	m	MV 70		477	0	0	0	0	0	0	477
1997	Ruth Toller	f	FV 70	Dundee Road Runners	476	0	0	0	0	0	0	476
1998	Claire Coulby	f	FV 50	Bramhall Runners	474	0	0	0	0	0	0	474
1999	Rhona Johnson	f	FV 60	Bramhall Runners	473	0	0	0	0	0	0	473
2000	Wendy Torevell	f	FV 60	Bramhall Runners	472	0	0	0	0	0	0	472
2001	Lynne Hardwick	f	FV 40	RuntheworldMCR	471	0	0	0	0	0	0	471

Position	Name	Gender	Age Cat	Club	Hawkshead	Staveley	Coniston	Keswick	Cartmel	Helvellyn	Ullswater	Total
2002	Martin Rogers	m	MV 50	Mossley Hill Ac	470	0	0	0	0	0	0	470
2003	Karolina Faithfull	f	FV 40	Skelmersdale Boundary Harriers	469	0	0	0	0	0	0	469
2004	Jeremy Steele	m	MV 50		468	0	0	0	0	0	0	468
2005	Ian Bremner	m	MV 50		467	0	0	0	0	0	0	467
2006	sandra riley	f	FV 50		466	0	0	0	0	0	0	466
2007	Diane Rogers	f	FV 50	Mossley Hill Ac	464	0	0	0	0	0	0	464
2008	Helen Hetherington	f	FV 70		463	0	0	0	0	0	0	463
2009	Maria Middlebrough	f	FV 60		461	0	0	0	0	0	0	461
2010	Marianne Manson	f	FV 40	Dockside Runners	457	0	0	0	0	0	0	457
2011	Gillian Allen	f	FV 50	Lonely Goat Running Club	456	0	0	0	0	0	0	456
2012	Caroline Betts	f	FV 40		454	0	0	0	0	0	0	454
2013	Maxine Grimshaw	f	FV 60	Ramsbottom Running Club	453	0	0	0	0	0	0	453
2014	Elice Lloyd	f			452	0	0	0	0	0	0	452
2015	Natalie Alifuoco-Grace	f	FV 40		451	0	0	0	0	0	0	451
2016	Annalaura Alifuoco	f	FV 40		450	0	0	0	0	0	0	450
2017	Kathryn Hodson	f	FV 50		449	0	0	0	0	0	0	449
2018	Sarah Edwards	f	FV 50		448	0	0	0	0	0	0	448